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## Casco Bay Weekly : 23 April 1992

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# Casco Bay Weekly

APRIL 23, 1992 ■ VOL V, NO 17 ■ GREATER PORTLAND'S WEEKLY JOURNAL OF NEWS, ARTS AND OPINION ■ FREE



## Stump Portland's council stumpers

The five contenders for Portland City Council's two at-large seats have been invited to debate each other Sunday, April 26. Find out what qualifies them to head Maine's largest city. Join the fray at Portland Performing Arts Center, tune in to WGAN or mail in your questions, care of this paper.

See Calendar, page 23

## Getting fresh

Veg out with CBW's home-grown guide to healthful eats

### QUARTERLY WELLNESS REPORT

**Local farmers** want to put their healthful bounty on your plate.  
See page 8

**Organic produce:** Root it out in your neighborhood with this shopping guide.  
See page 11

**Vegetarians** can stop panicking about protein and start worrying about their iron intake instead.  
See page 12

**Irradiated produce** draws less than glowing reviews.  
See page 14

**Moosewood** cookbooks still lead the healthful food trend.  
See page 17

**► IN THE ARTS**  
Dean Velentgas Gallery's fifth anniversary celebration also marked its closing.  
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Greater Portland residents have been buying fresh produce since at least 1768 in Monument Square. CBW/Tony Taylor

FEEL FIT AS A FIDDLE: CONSULT CBW'S WELLNESS DIRECTORY ON PAGES 18 & 19 BULK RATE

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# Newsbriefs Weekly

A review of the top news stories affecting Greater Portland: April 15 through 21, 1992.

## Portland City Council tackles controversial issues

In its April 22 meetings, the Portland City Council was to consider several controversial ordinances and city code amendments. They include:

■ **Old Port liquor licenses:** On March 31, the council's Public Safety Committee approved a summer-long freeze on new Old Port liquor licenses. If the council passes the measure, it will go into effect immediately. The freeze would only affect bars, not restaurants, and would be retroactive back to April 6. It would last until Oct. 4.

■ **Nude dancing:** Last month's regulation of topless dancing in Portland wasn't good enough for Councilor Cheryl A. Leeman, who's bringing a proposal to ban the dancing from the city. The item was to have been read, but not voted on, at the council meeting. It will probably be voted on during the May 4 meeting.

"If they ban it, it'll just go underground," said Mark Deane, owner of Mark's Showplace, a Portland club that hosts topless dancing. "Then you're not controlling it at all." Deane said sponsors of the ban were "taking their personal moral views and trying to force them onto all the people of Portland." He vowed to fight any successful ban in court.

■ **Gay rights:** Peter O'Donnell's proposed gay rights ordinance won't come up for a council vote until at least May 4, but it will be presented in committee April 21 and read before the full council April 22.

## PUC examiner: Water rates are fair

Three local cities won a round in the fight to keep their Portland Water District (PWD) water rates lower than member towns.

Public Utilities Commission (PUC) hearing examiner Seward "Pat" Brewster issued a finding that the split water rates, which have been in effect for the past 70 years, are fair because piping water to rural areas is more expensive than supplying city users. The finding contradicts a brief filed April 1 by PUC's research staff, who concluded there was no basis for the split rates and that they should be dismantled (Newsbriefs, 4.9.92).

"We're disappointed, because up to this point everything was going the towns' way," said Cape Elizabeth Town Manager Michael McGovern, who initiated the water rate fight. "The hearing examiner just chose to defer to the water district. But it was a worthwhile fight. We saved the ratepayers a million bucks."

PUC commissioners may rule on the case during an April 24 meeting. PUC rulings traditionally have adhered to examiners' findings.

## CMP rate hike short-circuited?

The Public Utilities Commission (PUC) is pondering several plans offered by Central Maine Power Co. (CMP) to soften a residential rate hike that socked customers last December.

PUC commissioners ordered changes in CMP's rate structure last year to shift some of the burden of electric bills off businesses and onto residences. The new rates took effect Dec. 1, but customers whose monthly bills nearly doubled complained about the change.

CMP is offering two plans to soften the bite, as well as one that might actually raise residential electric bills a bit higher. PUC commissioners are expected to rule on the case by April 24.

## Local United Way to pay some dues

Directors of the United Way of Greater Portland voted April 9 to pay some — but not all — of the amount it was paying for quarterly dues to the scandal-shaken national United Way.

"We felt we had received services during this first quarter," said Kim Laramy, communications director for the Portland organization, "and that we ought to pay for them. United Way of America is taking steps to fix what was wrong, and we want to continue to receive services." The board voted to pay \$10,000 worth of dues to United Way. "This doesn't mean we've started

paying dues again," Laramy said. "It means all future payments will be based on their future actions." She said the board only approved payment for the first quarter of 1992.

The Portland group paid \$50,000 in dues last year.

## METRO to host bus-stop hearing

METRO, Portland's and Westbrook's quasi-municipal bus company, will host a public hearing to discuss several proposed changes in bus routes and bus stop locations.

Of particular interest to downtown merchants is a proposal to route all buses that run east along Congress Street to Free Street instead. The extra space, merchants argue, could be used to create additional parking space near their businesses. But opponents said the plan would congest Temple and Free streets.

Other changes include proposed new routes along Warren Avenue and to the Maine Mall.

The hearing takes place Tuesday, April 28 at 7 p.m. in the conference room of METRO's 114 Valley Street headquarters in Portland.

## Post office can't stamp out war-tax protesters

Again this year, as last-minute income tax filers rushed to the Forest Avenue branch of the United States Postal Service, they were greeted by tax protesters. Unlike last year, however, the resisters weren't arrested.

After an hour of distributing leaflets outside the post office April 15, one protester — posing as "John Woolman," a businessman in suit and tie — entered the building and continued to hand out tax resistance literature. The leaflets explained how 53 cents of each U.S. budget dollar go toward military spending and described ways to protest war taxes. Postal officials asked the man to stop, but later conceded he had the right to pass out the leaflets.

"Last year's trial seemed very embarrassing for the postal inspector," said Tess Ouellette, a member of the Dare-I-Go War Tax Resisters Affinity Group that handed out the leaflets.

## Mainers call for "peace dividend"

Mainers representing a broad array of interest groups joined peace activists at Portland City Hall April 16 to

call for sharp cuts in military spending and a diversion of tax dollars toward domestic programs.

"The world is changing, beyond our wildest dreams," said Portland Mayor Tom Allen. "We need a peace dividend in which some significant portion of the reduction in military spending has to come back to us to help take care of our people and help take care of our communities."

Allen was the moderator and lead speaker at "Rebuilding America: A Maine Leadership Forum," one of hundreds of similar events being held nationwide. U.S. Rep. Thomas Andrews attended the session. U.S. Sens. George J. Mitchell and William S. Cohen did not.

A grueling parade of 19 passionate speakers took five minutes each to tell Andrews, the media and each other that the collapse of the Soviet Union offered an unprecedented opportunity to shift economic priorities.

"We intend to... convert," said Duane "Buzz" Fitzgerald, president and chief executive officer of Bath Iron Works, which stands to lose huge Navy contracts if military spending is scaled back sharply. "Make no mistake about it, the people at BIW want a peace dividend."

Other speakers suggested that savings from the military budget be earmarked for health care, education and social services for the needy.

Eric Johnson, executive director of the Maine Peace Campaign, said the Bush administration's plan to cut \$50 million from the defense budget over five years is woefully inadequate.

"That may sound like a big cut, but in fact it is only 3 percent less than they had been planning to spend in that five-year period," Johnson said. "Even after accounting for inflation, that would still leave our country in the mid-1990s with a bigger military budget than it had in 1982, when the Cold War was in full swing."

## MDOT won't have to open records

The state's highest court has ruled that the Maine Department of Transportation (MDOT) won't have to show land purchase records to the owner of Scarborough Downs.

Davric Maine Corp., owner of Scarborough Downs, had sought to inspect documents concerning the construction of a new Maine Turnpike interchange near its harness-racing track. Davric owns some of the land being acquired for the project.

But the Maine Supreme Judicial Court unanimously upheld a Superior Court

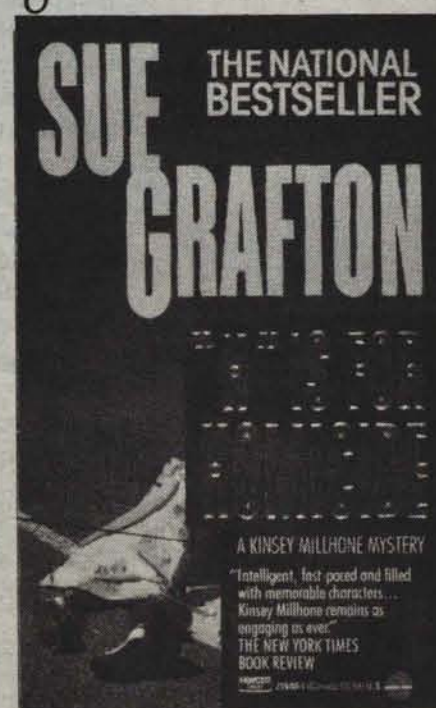
Continued on page 4

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## Newsbriefs Weekly

Continued from page 5

town's parks and recreation department, after councilors agreed to accept 41 acres of land near River Road from Charles and Easter Rolfe. "We have very few lands like this in town and they should be preserved. When we have an opportunity like this, it shouldn't be turned away. The land cost nothing."

Robinson said the property would remain forever wild. Renamed Otterbrook Wildlife Sanctuary, the public park and forest will be managed by Robinson's department.

Councilors have yet to vote on three other parcels offered by local citizens, including a 16-acre tract on the shores of Upper Mud Pond and five acres of wetlands.

### Mitchell saves Little Leaguers

U.S. Sen. George Mitchell intervened to save the Windham Little League from an Internal Revenue Service (IRS) late-filing penalty.

The IRS began dogging the group in October 1990 when it sent an inquiry asking for the league's 1987 return. Glyn McLaughlin, the league's treasurer, sent the IRS a copy of the return but didn't hear anything until last summer when she was notified of failure-to-file penalties. McLaughlin said the IRS lost the informational return she sent on behalf of the non-profit group, which doesn't pay taxes.

After Mitchell learned of the penalty, he contacted the IRS. On April 17, IRS officials told Mitchell they would return \$928 the league paid in penalties plus \$558 the IRS had seized from the organization's bank account.

### Maine bolts Lotto America

The Multi-State Lottery Association, which runs Lotto America, will lose its first member state over the weekend.

Maine has decided to drop out of the system. The association's 4-year-old Lotto America game ceased to exist after an April 19 drawing. Retailers in 14 states and the District of Columbia began selling tickets for a new "Powerball" game the next day — but Maine retailers weren't among them.

"I'm sorry to see them go. It's the first time anybody has left," said Multi-State director Chuck Strutt.

But Wallace G. Soule Jr., director of Maine's Lotteries, predicted a new Tri-State Cash 5 game would do more business than Lotto America because it offered better odds of winning. ■

## weird news

### Storming through Maine

On a brisk power walk along a chilly Kennebunkport beach April 18, President George Bush identified a major goal of his five-day vacation: "Avoid Barbara Bush's first-strike zone." If spotted, Bush said, "she puts you to work moving furniture."

The Bushes' 26-room oceanfront home was heavily damaged Oct. 30 by a fierce coastal storm that destroyed the Bush bedroom and washed furniture out to sea. Workmen are still doing repairs and refurbishing the house with furniture.

During the walk, Bush's lips also said, "We've got environmental concerns we've got to balance out." Shocked observers were checking out rumors that Bush is doing Halcyon again.

A Buxton teenager doesn't know why her roof blew off the night of April 15, but she was cool enough to keep cooking supper when it happened.

Angela Mercier was home alone when the roof of her godparents' mobile home suddenly blew off in the early evening hours of April 15. "I was in shock. I didn't know what to do," she said. Mercier heard a rumble and boom, but didn't smell smoke or see any fire. So she went back to cooking.

"It was like a tornado or a UFO — I don't know. It really doesn't make sense," Mercier said. Joseph Levasseur, a fire investigator for the town, has ruled out two possible causes, a freak storm gust or an explosion.

Mercier was treated at Southern Maine Medical Center in Biddeford for a concussion and released. The roof was discovered split in two on the front lawn.

Reported by Paul Karr and The Associated Press



## politics & other mistakes

By Al Diamon

### Battle for the 'burbs, part 2

If the race for the state Senate seat in Westbrook, Gorham and Buxton were a musical contest instead of a political one, it would be no contest at all. **Al Hawkes** would be the clear front-runner. Hawkes is a nationally recognized country and bluegrass musician. There's no evidence the other three candidates in the field are even capable of humming in tune.

But Hawkes is a political novice up against three veteran campaigners. So Hawkes is stressing his experience as a small businessman (Hawkes TV at the sign of the Giant Radioactive Walking Serviceman was a Westbrook landmark for years) in an attempt to put himself on equal footing with his opponents.

Those opponents are incumbent Democrat **Don Esty** and former Republican state Reps. **Phil Curran** and **Tuffy Laffin**. Hawkes is a Republican as well, and will test the GOP faithful's desire for new faces in the Statehouse. Curran served two terms before getting booted out of office in 1990. Laffin is a political legend on the level of Biddeford's Plato Truman for his antics during a career that has burned through both major parties and a mountain of cigars.

As for Esty, he served as co-chairman of the Legislature's Labor Committee where he earned a reputation for bullheadedness and strong support from organized labor. No matter how much pickin' and grinnin' Hawkes does, Esty is still calling the tune.

In the House races Republican **J. Donald Henry** of Gorham is a real estate broker making his first try for political office. He's challenging Democratic state Rep. **Anne Larrivee** because he believes a state with a GOP governor should have a GOP Legislature.

Incumbent Democrat **William O'Gara** of Westbrook is seeking a fifth term. He's opposed by Portland Fish Exchange employee **Frank Cushing III**, who said he's "fed up with the state Legislature" and wants to bring in "new young blood." Cushing is 24.

Democratic state Rep. **William Lemke** of Westbrook faces Republican **Robert Smith**, who ran unsuccessfully for mayor last year. Smith is 23, and guess what kind of blood he'd like to bring to the Statehouse.

In the House district that straddles the Windham-Gorham line, amiable incumbent Democrat **Elden McKeen** of Windham faces a primary challenge from **Audrey Gerry** of Gorham. Ironically, Gerry was inspired to run by a speech former Republican Gov. Burton Cross gave on the need to cut government spending. Gerry heard Cross while she was in Augusta lobbying on behalf of the state horse breeders for a bill to allow off-track betting. The winner of the McKeen-Gerry primary will take on Republican **Gerald Hillock**, who held this seat until retiring in 1988. At last, a Republican who won't be calling for "new blood."

Voters in Windham will get their choice of old blood. Incumbent Democrat **Carol Kontos** and former Republican legislator **Barbara Strout** faces off in a repeat of the 1990 campaign that saw Kontos squeak out a 104-vote victory.

Cumberland's House seat pits retired Portland Water District General Manager **Joseph Taylor**, a Republican, against **Deborah Shaw Rice**, a Democrat and a lawyer. She promises to be "a conciliatory lawmaker." Based on Taylor's history at the water district it's doubtful he'll make the same promise.

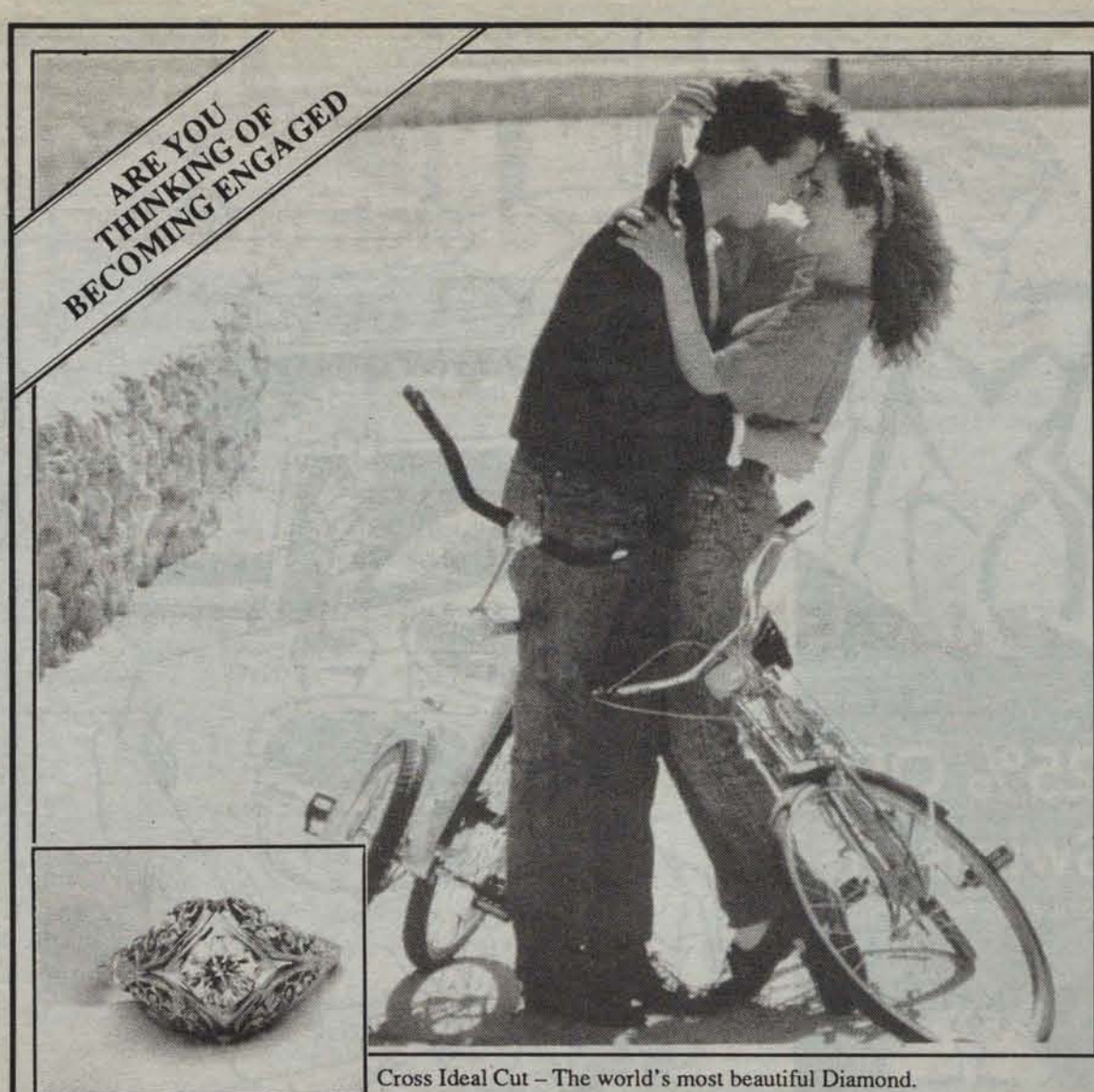
Falmouth has been a rock-solid Republican town since the last ice age retreated and the gentry moved in. But Democrats have some reason to hope this year. GOP Rep. **Gary Reed** is a member of the much-criticized Appropriations Committee. Democratic challenger **Mary Nelson** is a former town councilor and a leader of the pro-business Environmental and Economic Council of Maine.

Maybe suburban voters will end up with a Nelson caucus representing them in the Legislature. Mary's sister-in-law, **Merle Nelson**, is running again for the Falmouth-Cumberland-North Yarmouth-Gray-Windham state Senate seat being vacated by Republican **Don Rich**. Nelson, a former Portland legislator and mother of movie star Judd, lost to Rich two years ago despite spending enough on her campaign to feed the average former Soviet republic for a year.

Two other Democrats will oppose Nelson in the June primary. Former Falmouth Town Councilor **Harold Payson**, who can probably afford to match Nelson buck for buck, and political novice **John Coffey** of Windham. Coffey, a hospital marketing director, concedes he hasn't got the money to keep pace with his wealthy neighbors. So he plans a lot of door-to-door campaigning as the self-proclaimed "stealth candidate."

The surviving Democrat will face Republican **Jeffrey Butland**, who's giving up his comfortable House seat (the one Taylor and Rice are running for), to seek greater challenges in the Senate. This district has careened wildly between parties in the past, but the GOP appears to have a slight edge, especially if the Democrats devote the spring to demolishing each other.

We'll cover the remaining races next week. ■



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## Getting it fresh

Farmers' markets fills the table with homegrown goodness

■ By Paul Karr

Strolling between the tailgates of pickup trucks lined along Monument Square, a walker pauses. Sunlight glows through jars of honey. Bursting tomatoes spill over each other, a liquid crescendo of light; cucumbers and peas fairly snap in the brisk air. Peppers are couched in their bins like a pocketful of emeralds. The muted smells of earth and pollen mingle with the tart bite of a free apple.

It's enough to persuade even the most resolute carnivore to catch his breath, then — recovering — dive into the crowd and tote home a sack of carrots.

The best part? It's almost that time again. Soon, you'll be able to stroll through Monument Square every Wednesday and pick up local, homegrown produce on your lunch hour; every Saturday, before breakfast, you can trundle down to Deering Oaks Park unencumbered and return laden with material for picnics galore.

Fresh markets aren't new to Portland. In fact, they've been here since at least 1768; that would make Portland's one of the oldest — and possibly the oldest — farmers' market in the country. Monument Square was, in fact, once called Market Square. Where a Civil War memorial statue and One City Center now stand, you could once buy meat, eggs, butter, produce — and as many bales of hay as you could carry home — from horse-drawn wagons lined up in the square. Later, the market moved inside the building that had formerly served as Portland's City Hall.

Portland's market evidently thrived even during the Great Depression. This description, from the *Portland City Guide* compiled during the late 1930s, gives some of the flavor of the market:

"The 1935 Maine Census of Agriculture listed 82 farms, comprising 2,522 acres, in Portland proper.... Truck farms produce peas, cabbage, bunched vegetables and beans; early cucumbers, lettuce, spinach and tomatoes are grown in green-houses. A farmers' market occupies reserved space in Federal Street, between Market and Franklin Streets, and operates on Wednesday and Saturday forenoons, except during the severe winter months. Produce can be purchased directly from the farmer. This display of vegetables, fruits and flowers strikes a colorful note in the downtown business section. Occasionally a squawking hen or honking goose, escaping from its crated companions, dashing in and out of traffic, and chased by an irate owner, adds a bit of excitement to the day's trading."

In the half-century since, Franklin Street has become high-speed Franklin Arterial, and there isn't a single family farm left within Portland city limits. Taxicabs and pigeons have replaced errant hens as the chief hazard to downtown commuters. And yet, the fresh market endures. In fact, since the city relocated the market from Federal Street back to its original home in the square during the summer of 1990, business has never been better.

"Last year I gave out 35 licenses," says Judy Jones, who coordinates the market for the City Clerk's office. "This year? Who knows?"

City Clerk's office. "This year? Who knows?"

### Growing a business

On a long, flat stretch of Route 115 between Yarmouth and North Yarmouth, there isn't a sound save the occasional whiff of a car coming and going, and the percolating chirps of spring's first arriving birds. Behind a low-slung, weatherbeaten house lie fields carved from the flood plain between two rivers. A muddy but enthusiastic sheepdog emerges from the fields,

which are fringed with pine wood and framed with lintels of hewn pine.

He's accompanied by organic farmer Don Beckwith. Beckwith is working hard this shiny morning to make sure these fields will supply vegetables for a stall in the Portland farmers' market, an annual ritual since 1984.

"Most people think organic just means no pesticides, but it also means that you don't use artificial fertilizers," Beckwith explains, bending to inspect the spears of elephant garlic that poke a couple of inches above the soil. "I've been fertilizing these vegetable fields with just horse manure, compost and wood ashes since 1975."

Beckwith, who also works as caretaker of the Longfellow Garden on Congress Street, comes from a line of farmers: His grandfather was a dairy farmer right up the highway, and his father continues to work an adjacent plot of land. Only Don Beckwith chose to go organic.

"I'm the black sheep," he laughs, as a carpenter planes wood inside a barn. "I just don't believe in using chemicals." Beckwith looks out across the black, freshly turned soil of his gardens. "I dislike them in any form. Until last year, we even turned all the soil by hand. Finally, we

broke down and got a rototiller."

He proceeds to give a tour of his farm, outlining the tricks to keeping an organic farm afloat as he walks past stacks of cut firewood and baled peat moss.

"The first thing I tell people is that, if they want to farm organic, they are going to have to be prepared to not make a lot of money for a while," he says. "It's awfully hard work."

To make that work pay off, Beckwith's methods include fastidious annual rotation of crops. On a set of trellises, for instance, Beckwith alternates peas and tomatoes each year. "The peas put the nitrogen in, and the tomatoes pull it back out," he explains. "That works great. Some people are starting to copy us."

But Beckwith says his biggest secret is really no secret at all: It's simply allowing nature to control the assorted aphids, beetles, borers, whiteflies, loopers and other insects that can make the ordinary gardener tear out his or her respective hair. "It takes a few years for the relationships to get into balance," he says. "But then it usually works fine."

Inside a triangular "cold frame," scores of delicate onion and scallion sets sit in neatly arranged trays. They will be the star attractions during the month of May, Beckwith says, when home gardeners are his best customers at the market. Then, in June, he'll begin harvesting fresh lettuce, peas and other produce from the fields for resale.

Inside a steaming greenhouse, Beckwith's lanky partner Robert Dobson sits on a stool stripped to his waist, laboriously inserting one sprout and a bit of soil into each of hundreds of tiny trays. What begin here as newly sprouted seedlings, some with bits of topsoil still stuck on top of them like watchcaps, will soon be transplanted into gardens all over the region.

That's because, starting in May, Dobson will load those seedlings, sprouts — and later, vegetables and flowers — twice a week into a rusting blue pickup truck whose wooden cab is stenciled with the "Meadowood Farm" logo he designed.

**"People in the city are detached  
from their food.**

**That's why we're there at the market.**

**We're there to show them**

**where it comes from."**

Robert Dobson, organic farmer

"I love doing the farmers' market," he says, stopping his work. "It's a very social experience. There are different crowds on each day. On Wednesdays, in the city, I see mostly office people or people from the islands who come in to do their shopping. I'd say 25 percent of our business at the market is from islanders. I also see restaurant owners, a grocer. On Saturday, at the Oaks, it's a more laid-back, suburban crowd. People bring their kids, their families, their dog. They make a day of it."

Dobson believes some people come to the market for reasons that are purely nostalgic. "I also think it gives people a taste of the way it used to be," he says. "It used to be that you knew your butcher and the local farmer. Now the food comes in a plastic tray. People like the contact."

Continued on page 10

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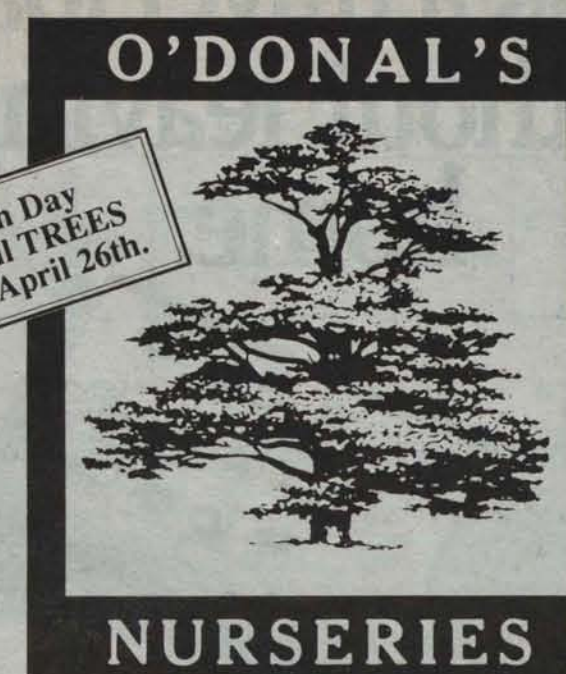
Hal Leighton, School Teacher: "The gentlemen who run the place are really nice guys. The atmosphere is very pleasant and professional and the gym is very well maintained. There is a lot of space. You don't feel cramped or crowded any time you come. The equipment is very nice and so are the people who come here. There are all kinds, from machinists to doctors."

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# GETTING IT FRESH

Continued from page 9

"If customers feel they can talk to you, if they can say 'This is where my food came from,' I think they feel better," agrees Beckwith.

"It's a real education," concludes Dobson. "People in the city are detached from their food. That's why we're there at the market. We're there to show them where it comes from."

## Eating greens the city

Falmouth homemaker Dan Shapiro is one of those customers who has helped keep Meadowood Farm in business. Shapiro has been buying produce for his family at the market for about six years.

"It's wonderful to have a close connection between the consumer and the producer, to buy things from the people that grow them," he says, "and we're especially pleased that the number of organic producers is increasing." Besides produce from Meadowood, Shapiro's family savors "fantastic eggplants," "superb kale," and "amazing greens" from local organic farmers at the market.

Shapiro brings his two young sons to the market at least once a week. "My son knows who the farmers are and what kinds of crops they grow. He's getting a real first-hand education on the importance of agriculture."

Shapiro says his family buys at the market for environmental reasons, too. "It's important that people buy food that's produced as close to their homes as possible. It helps protect the land, because it's not devoted to condominiums instead. And it saves on transportation."

Other customers, like Cheryl Lewis, indirectly make food choices for hundreds of Greater Portlanders each week. Lewis, co-owner of Cafe Always on Portland's Middle Street, says she buys as much produce as possible at the market.

"The food's really fresh — it's food that got picked that morning — and it comes directly from Maine farmers," she says. "It's also the great experience of being down there, finding out what people are excited about. We like to know that because we change our menu every day." Lewis says there's a kind of bond that develops between farmers and restaurant owners. "They're just as passionate about their growing as I am about my cooking," she says.

Lewis isn't alone. "A lot of local restaurants buy from the farmers' market because they buy from me," points out Nick Witte, who runs Portland Greengrocer in the Old Port with his wife Annie. "And I go to the market often."

Other Portland restaurateurs hobnob at the market, too, like Jim Ledue, who owns and operates three local restaurants — Alberta's Cafe, the Good Egg Cafe and Planets — catering to a broad cross-section of Portlanders. A prominent Yarmouth restaurant may soon hop on the organic bandwagon as well, says Dobson and Beckwith.

More encouraging still, individual attendance at the farmers' market has picked up in recent years. According to Dobson, business increased noticeably when the city relocated the market to Monument Square and added the Deering Oaks market in 1990. "We were two streets over, and people didn't know we were there," he says. Now, on a good day, Dobson will take in up to \$1,000.

"Other days, if it rains, you might not sell anything," he admits — but even on those days, someone benefits. A volunteer drops by the truck in the early afternoon and carts the unsold produce off to a Portland soup kitchen.

Rain or shine, customer Shapiro enjoys the personal contact with the farmers. "They'll save things for regular customers, or grow certain crops if you ask them to," he says. "If we say to Robert (Dobson), 'We want a certain kind of vegetable but we don't see it here,' he'll tell us it's in the fields and they'll be picking it for us in a few weeks."

"I would say that probably 90 percent of our produce comes from either our garden or the farmers' market," Shapiro concludes. "Buying there is very important to us." ■

Paul Karr's thumb isn't perfectly green, but he sure is fresh.



## QUARTERLY WELL NESS REPORT



## Getting fresh

Finding organic produce in Greater Portland takes a little work. Keep in mind the following pointers:

■ What's available can vary seasonally; you won't find corn, apples or blueberries at the farmers' market in spring, for instance. You might find them out of season at supermarkets or natural foods stores — but that means the food has been shipped a long distance, usually by truck.

■ Don't expect perfect-looking food. Many commercial apples, which look smooth as a baby's bottom, actually come from trees sprayed with pesticides; then they're dipped in a petroleum wax to make them look shiny. You're better off taking a few bumps, bruises and blemishes on your organic produce instead.

■ Be aware of where your food comes from. Some California lettuce and grape growers have been repeatedly boycotted for their treatment of migrant workers, who are paid pennies per hour to apply toxic pesticides with their bare hands. Buying from a certified organic grower with a good labor record makes a real difference; ask your grocers about the source — and if they won't talk, take your business elsewhere.

■ Think globally, eat locally when possible. Some produce isn't grown anywhere in Maine. So eating bananas, cherries, pineapples and grapes might be helping some 18-wheeler guzzle gas on a cross-country four-lane, helping slash and burn up a Latin American rainforest for a plantation or drain wetlands in Hawaii or Florida.

Local outlets for organic produce include:

## Farmers' markets

Brunswick farmers' market  
Held every Friday on the town common, Maine Street. Seasonal specialties include eggs, honey, apples, carrots, blueberries.

Portland farmers' market  
Held every Wednesday in Monument Square, every Saturday in Deering Oaks Park. Seasonal specialties include flowers, herbs, corn, pumpkins, lettuce, carrots, tomatoes.

## Grocery stores

Basics Natural Food Store  
537 Shore Road, Cape Elizabeth 767-2803  
Carries a wide variety of organic produce.

Garden Pantry  
908 Roosevelt Trail, Windham 892-7363  
Carries some organic vegetables in season.

Good Day Market  
155 Brackett St., Portland 772-4937  
Carries a wide variety of organic produce.

New Morning Natural Foods  
230 Main St., Biddeford 282-1434  
Carries some organic produce in season.

Portland Greengrocer  
87 Market Street, Portland 761-9232  
Carries some organic produce in season.

Shaw's supermarkets  
Carry a few organic vegetables and fruits.

Shop n' Save supermarkets  
Carry a few organic vegetables and fruits.

The Whole Grocer  
118 Congress St., Portland 774-7711  
Carries a wide variety of organic produce.

## Farms and stands

■ You can get an updated list of certified organic farmers from the Maine Organic Farmers and Growers Association (MOFGA) in Hallowell, which certifies growers in Maine. Call 622-3118 for more information.

■ Other farms that are "transitionally" (formerly used pesticides or fertilizers) organic, or don't quite meet MOFGA's tough licensing standards, might also be worth your while. Check at the farmers' market for more information.

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**QUARTERLY  
WELL  
NESS  
REPORT**


"I'm fit to the finish, 'cause I eat my spinach!" said Popeye the Sailor Man — who certainly knew the importance of an iron-rich diet.

## What, meat worry?

Vegetarians iron out their protein problems

By Bonnie Liebman

Whether Neal Barnard is right or wrong, he's certainly got people talking.

Last April, everyone from *Newsweek* to *The New York Times* reported on a startling new proposal by Barnard's Physicians Committee for Responsible Medicine. The "New Basic Four Food Groups," said Barnard at a Washington, D.C. press conference, should consist of fruits, vegetables, legumes and whole grains. That's it.

Everything else — from French bread to flounder, cottage cheese to chicken, and skim milk to olive oil — would end up in the "optional" category. This isn't just a vegetarian diet. We're talking vegan (no meat, fish, poultry, eggs or dairy).

One press conference isn't enough to convince a nation to give up red meat, not to mention the foods that fill half their refrigerators.

But millions of Americans are eating less beef and pork. Many of them are nervous about nutrients they may be missing. They shouldn't be.

Ever wonder why you see so many ads from the Pork Producers and the Beef Industry Council? It's

because people are eating less red meat.

Some are cutting back to avoid fat. Others are motivated by ethics. Whatever the reason, in 1990 we ate less than 120 pounds of red meat per person, 12 percent less than in 1980 and 20 percent less than in 1971, our peak year.

But many people fear that eating less red meat is risky. And while some may maintain their composure if a piece of chicken or fish replaces the hunk of beef or pork on their plate, take away all four, and they really start to sweat.

As it turns out, the one nutrient that troubles them most — protein — is the last one they should be fretting over.

### Protein panic

"Protein is not a concern at all," says Jeanne Freeland-Graves of the University of Texas at Austin. "That's an old wives' tale."

The typical adult gets at least 50 percent more protein than the Recommended Dietary Allowance (RDA). Young children average three times the RDA.

Protein isn't found just in meat and milk. The third

largest source of protein in the average American's diet is white bread, rolls and crackers.

Lacto-ovo vegetarians (who eat dairy and eggs) needn't worry about mixing complementary proteins. The protein in milk products and eggs has a "complete" array of the amino acids that your body can't make.

Only vegan (VEE-gun) children (who eat no dairy or eggs) could conceivably be at slight risk, because 35 percent of a child's protein must be complete (it's only 20 percent for adults). But most vegan meals mix complementary foods like beans and rice or bread and peanut butter, so it's rarely a problem... as long as the child is getting enough food.

### Iron overload

If there is any nutrient non-red-meat-eaters should worry about, it's iron, not protein.

Beef is loaded with iron, and nutritionists have long worried that eating too little beef will cause anemia, especially in women of childbearing age (who lose iron during menstrual periods).

But the iron story is not as

simple as it sounds. While most nutritionists are eager to tell people what to eat to get enough iron, James Cook of the University of Kansas Medical Center isn't.

"Men, postmenopausal women and children under 18 don't develop iron deficiency," says Cook. "And the women who do have a problem with anemia shouldn't rely on diet to alleviate it. They should take an iron supplement."

That's because "there are so many competing effects on iron absorption that with a varied diet, they cancel each other out," he says.

For example, you might have an iron-rich chicken leg for lunch, but you might also have coffee, tea, a calcium supplement or some egg yolk, bran or other foods that interfere with your body's ability to absorb the iron.

Cook is also reluctant to give advice on how to get more iron because "a large number of people suffer from too much iron, and the problem may be as bad as for those who suffer from too little."

Cook is talking about a disease called hemochromatosis, which is a genetic defect that affects three to five out of every thousand people. Their bodies accumulate excess iron, and the results can be disastrous.

"I just admitted to the hospital a 32-year-old mother

with severe heart failure," says Cook. "I don't know if she'll survive."

Early signs of hemochromatosis are a lack of menstrual periods in women, loss of sex drive in men and darkened skin in both. Later, victims may develop diabetes, arthritis, or liver or heart failure.

Once it's discovered, the treatment is simple. "We bleed them," says Cook.

The trick is finding who they are. "We're beginning to think it's cost-effective to screen the general population," he says. Men should have their serum iron levels tested at about age 40, while women should wait until after menopause, because most are protected by menstrual bleeding until then.

### Iron-poor blood

Of course, no one's saying it's good to be low in iron. First, there's anemia, which leaves people tired and out of breath. And iron-depleted women may feel cold, sleep poorly and have poorer memories, according to preliminary studies that need to be confirmed.

Are people who eat less red meat at greater risk? Perhaps.

Iron-deficiency anemia is no more common among vegetarians than non-vegetarians, in part because the body adapts. The less iron

you eat, the more your body absorbs.

But many women have iron levels that are below normal (though not low enough to cause anemia), and few studies have examined iron levels in vegetarian women. One small study, by Bonnie Worthington-Roberts of the University of Washington, found that premenopausal women who were lacto-ovo vegetarians or fish-and-poultry eaters had lower iron levels than women who ate red meat.

"The incidence of true anemia is 4 to 5 percent (of women), which is not as high as people think," says Worthington-Roberts. "But we don't have a good handle on the number of women with low iron stores."

If you want to know if you're getting enough iron, a serum ferritin test is a good measure. Unfortunately, "it can't be analyzed in a doctor's office, so it's not cheap," says Worthington-Roberts.

A less expensive test, called the "zinc protoporphyrin/heme ratio," evaluates iron stores using only a finger-prick's worth of blood. But so far, few doctors have the equipment to do it.

In the meantime, says Worthington-Roberts, "all women should at least get their hematocrit and hemoglobin analyzed annually."

### Inscrutable zinc

If you're eating less red meat, zinc is another nutrient nutritionists might warn you about. But as far as researchers now know, it isn't much of a problem.

"Adults have an incredible capacity to adapt to marginal intakes of zinc by decreasing excretion and maybe by increasing absorption," says Janet King of the University of California at Berkeley. Exceptions are:

- the elderly (they might have problems absorbing zinc)

- pregnant women (they have greater needs)

- diabetics whose blood sugar levels are uncontrolled (they lose zinc in their urine)

- people who have experienced trauma (such as surgery, burns or gunshot wounds).

Unfortunately, you can't take a test to find out if you're getting enough zinc.

"We don't have a good way to evaluate zinc status," says King. The amount of zinc in your hair or saliva is unreliable, and once the level in your blood drops, you're really deficient. By then, a zinc deficiency may be impairing your immune system, your sense of taste and your wound-healing ability.

Only in children is it easy to know who is getting enough zinc. Kids who are

deficient don't grow.

So what can you do if your doctor is concerned that your child is growing too slowly? "Give them zinc and see if growth improves," says King. To play it safe, stick with the RDA (10 mg per day for children under 11). Don't go overboard.

Fortunately, you don't need red meat to get zinc. There's plenty in seafood, poultry, milk and legumes.

### Take your vitamins

So, non-or-less-red-meat-eaters, cross protein off your worry list. If you're a premenopausal woman, keep iron in mind, and if your child isn't growing well, don't forget zinc.

If you're still concerned, why not take a multi-vitamin-and-mineral supplement that provides 100 percent of the USRDA (15 mg for zinc and 18 mg for iron)? Just make sure it has copper and that you're not at risk for hemochromatosis.

"I know it's against most others in my profession, but I don't see anything wrong with a supplement with RDA levels as a margin of safety," says nutritionist Freeland-Graves.

One thing is certain. Taking a supplement is healthier than loading up on red meat. ■

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And he was able to recommend the Grilled Chicken, but noted salt was in the rice (I am able to have a sodium dish along the lines of 200MG per serving, so this was OK.)

The food was super and I was pleased your people went out of the way to accommodate me.

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Again, thanks for the assistance.

It's help and assistance like you have given that allows me to return because I know and effort would be made to accommodate my new dietary lifestyle.

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**Nuking it out over irradiated food**

Consumers confront food industry shielded by FDA

■ By Karl Grossman

North America's first food irradiation facility has gone into operation and the first radiation-exposed strawberries have hit grocery store shelves. Food irradiation opponents, meanwhile, are stepping up their efforts. They plan boycotts of any store that sells radiation-exposed produce and have sent 15,000 letters to U.S. food industry leaders asking that they stay clear of zapped foodstuffs.

Proponents and opponents of food irradiation agree on one thing: A climactic confrontation on the use of the food irradiation technology in the United States is at hand.

Dr. Walter Burnstein, chairman of Food and Water, the New York-based group which has been leading the fight in the United States against irradiated food, says if the Vindicator food irradiation plant in Mulberry, Fla., succeeds, then radiation-exposed food will become widespread in this country. The nuclear industry and U.S. government "would like to see 1,000 to 2,000 food irradiation plants built," he says, and "radiation-exposed virtually all food. If we stop Vindicator, that's going to be the end of radiation-exposed food."

**Kills bacteria, people**

Indeed, says Sam Whitney, president of Vindicator, after what he expects will be the success of Vindicator, food irradiation will become common in the United States. The process is designed to extend the shelf life of food and kill bacteria and insects. But opponents, who include prominent medical experts, say it also stands to kill people because of cancer-causing substances left in food by irradiation. Birth defects are a concern. Further, vitamins and nutrient value are adversely affected. But the U.S. Food and Drug Administration has approved the process and insists that it is safe.

As demonstrators marched carrying picket

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signs like "Don't Nuke Our Food," strawberries irradiated at the Vindicator plant went on sale in January at Laurenzo's Italian Center in North Miami. Other than some test-marketing in 1986 — also at Laurenzo's — of mangoes that had been irradiated in Puerto Rico, it was the first sale ever of irradiated food in the United States. Up until the start-up of the \$6.8 million Vindicator plant, only about 5 percent of spices sold in the United States had been irradiated. They were treated at facilities that use radiation to sterilize medical equipment.

David Laurenzo said he was proud to sell irradiated food. "Irradiation's here to stay," said Laurenzo, the owner of the market. "Irradiated food is safe."

On the other side, Michael Colby of Food and Water said, "It is a travesty that once again peoples' bodies are being used as testing grounds for an industry's toxic technologies."

**Exposure disclosure**

Who purchased the zapped strawberries was somewhat open to question. Many of the customers, charged Colby, included employees and stockholders of the Vindicator company, and their friends and relatives.

Questions were also raised about the growers. Colby noted that the Coalition of Florida Strawberry Growers, which represents 95 percent of Florida's growers, had refused to let their strawberries be irradiated. The fruit sold at Laurenzo's was provided by James Crocker, a partner in a 72-acre Fancy Farms in Plant City, Fla., and

a member of Vindicator's board of directors.

But consumers won't have an easy time learning whether their food has been exposed to radiation. Under industry pressure, the FDA provided exemptions for irradiated foodstuffs that are included in processed — canned or frozen — food, and foods served in restaurants and cafeterias. Stores are supposed to place a sign near whole irradiated produce but, Colby complains, "the FDA has allocated no funds for enforcement."

Despite assurances from the FDA that zapped food is safe and wholesome, the attitude of the American public toward irradiated food remains overwhelmingly negative. The latest food industry poll, a "Food Trends Study" done by the Food Marketing Institute and released in December 1991, found that 73 percent of people regard food irradiation as a "hazard" and only 6 percent feel it is safe, with 10 percent "not sure."

Food and Water has rented an apartment across from the Vindicator facility and will be "monitoring" produce leaving the plant and organizing boycotts of markets that sell the food, said Colby. "There will be demonstrators at any store that sells radiation-exposed food."

The group has also sent out letters to 15,000 food industry executives. "Accompanied by protests and picketers, the radiation-exposed food experiment has begun," they say. "Vindicator of Florida is now looking for members of the food industry to expose their products to... Exposing your food to radiation is a big risk to take."

Whitney, who began Vindicator after becoming a millionaire trucking phosphate from Florida mines, intends to increase the volume of strawberries his plant treats as the strawberry season in Florida picks up in February. Then, he says, he is looking forward to irradiating mangoes, potatoes and Florida citrus. ■

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## The mainstreaming of vegetarian cuisine Moosewood books still lead healthful food trend

By Linda McCandless

Maureen Vivino is probably the only person to keep six cups of vegetable cooking stock in the refrigerator in the bathroom on the eighth floor of the Regency Hotel in New York City. By choice, she does not own a television set and — until she appeared on one — had never seen a morning talk show.

But at 8:56 a.m. one morning last fall, Vivino used the stock to make Sopa de Lima on the nation's #1-rated morning talk show, ABC's "Good Morning, America." The Mexican soup, whose main ingredient is tomatoes, is one of 380 ethnic and regional recipes from Moosewood Restaurant's latest cookbook, "Sundays at Moosewood Restaurant," released last fall by Fireside Books, a division of Simon & Schuster.

It was a very successful launch for "Sundays at Moosewood" (for "SAM," as the 18 owners of Moosewood Restaurant like to call it; the nation hasn't stopped eating, talking — or buying cookbooks — since).

"SAM" is the second cookbook by the collective. (The collective's first cookbook, "New Recipes from Moosewood Restaurant," was published by Ten Speed Press in 1987. "The Moosewood Cookbook," written by Mollie Katzen, and published by Ten Speed back in 1977, sold over a million copies.) A third book, "The Moosewood Restaurant Kitchen," was just published in March and focuses on

growing and using vegetables and herbs.

Ten years ago, Moosewood Restaurant was on the vanguard of the natural foods movement. But what used to be revolutionary in vegetarian cooking has become decidedly more mainstream. Some credit the restaurant with leading the trend toward healthy, wholesome, vegetarian cooking in this country.

Moosewood cookbooks have made this kind of cooking accessible to us all. "Taken together, Moosewood cookbooks are the leading vegetarian cookbooks in the entire world," says Barry Bluestein, owner of Season to Taste, a specialty cookbook store in Chicago. "But this book appeals to the non-vegetarian crowd as well as the vegetarians. It is being taken very seriously by a lot of people."

In addition to the 380 recipes, there is also a chapter on cross-cultural menu planning, an extensive guide to ingredients, techniques and equipment, a chapter on what the collective means when they say "one medium onion," a suggested reading list and an index.

"SAM" is the first of two cookbooks contracted by Simon & Schuster. The second, "The Moosewood Restaurant Kitchen Garden," was written by David Hirsch, a member of the collective since 1976. Hirsch, who was trained as an architect, has created a beautiful and useful book for those who want to learn how to cook what they grow.

The book features clear guidance on how to grow, harvest and use more than 35 vegetables and 35 herbs. Each entry is accompanied by Hirsch's culinary tips, a cornucopia of culinary chitchat. It also includes chapters on the construction, spacing and patterning of various types of gardens; garden techniques from crop rotation to irrigation to a chart on insect and disease control; and mail-order sources for seeds, nurseries and supplies. And there is a recipe section featuring many of the herbs and vegetables explored in preceding chapters — with offerings like Fettuccine with Chevre, Spinach and Herbs and Squash-Apple Cheddar Gratin. Like the rest of the Moosewood books, it's difficult just to leaf through "The Moosewood Restaurant Kitchen Garden." With its helpful, low-key approach and simple, two-color line drawings, it's a book that begs to be thumbed through again and again.

Moosewood cookbooks are written the same way the collective runs the restaurant — democratically and by committee. The way Moosewood does it, there are food editors, "chat" editors, recipe rewriters, a design committee, legal committee and general managers. After a recipe has been submitted, it is tested by at least two other collective members.

insurance, contingency accounts, T-shirt committees, cookbook committees and brunches for political causes to organize. The worker-owned, worker-managed collective regularly run benefits for such causes as Greenpeace, Friends of Nicaragua, 1% for Peace, the Nuclear Freeze Campaign and others.

For a small company, Vegetable Kingdom, Inc., as the corporation is known, has a very large board of directors. Running a restaurant democratically, with 18 member/owners making decisions, takes a lot of talking and a lot of patience. But members say they would have it no other way. "We're like one big family," says Vivino.

Since "Sundays at Moosewood Restaurant" was published, meetings have taken a decidedly expansionist turn. There is talk of increasing the number of seats by closing in the sidewalk and talk of "upgrading" Moosewood's sometimes funky image. There is also talk of a food products line. Members used to lean toward marketing Moosewood salad dressings; now most favor a line of healthy, flavorful soups.

When and if it happens, a certain percentage of the profits will be donated to worthy causes. Not only does one percent of the profits from sales of the two new cookbooks benefit the Eritrean Relief Fund (which provides food and humanitarian assistance to the Eritrean people), but Moosewood Restaurant supports 1% for Peace.

On the benefits of ecologically sound living, progressive politics, humanitarian causes, cookbooks, and the merits of eating healthy, fresh food, the Moosewood Collective usually agrees. ■

Sundays at Moosewood are devoted to more than ethnic cooking, however.

There are pages and pages of by-laws, sub-committees, minutes, reports, health

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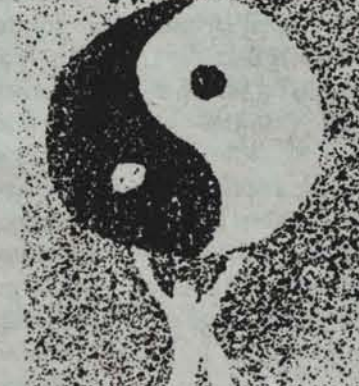
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**THE ODYSSEY**  
CONTINUES  
MOVING TOWARD PERSONAL & PLANETARY WELLBEING  
After a two-month break, The Odyssey, a free monthly newspaper, will resume publication with its May issue. Look for it on newsstands.  
RR 2, Box 466, Casco ME 04015  
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Don't miss your opportunity to appear in the next **WELLNESS DIRECTORY**, July 30.

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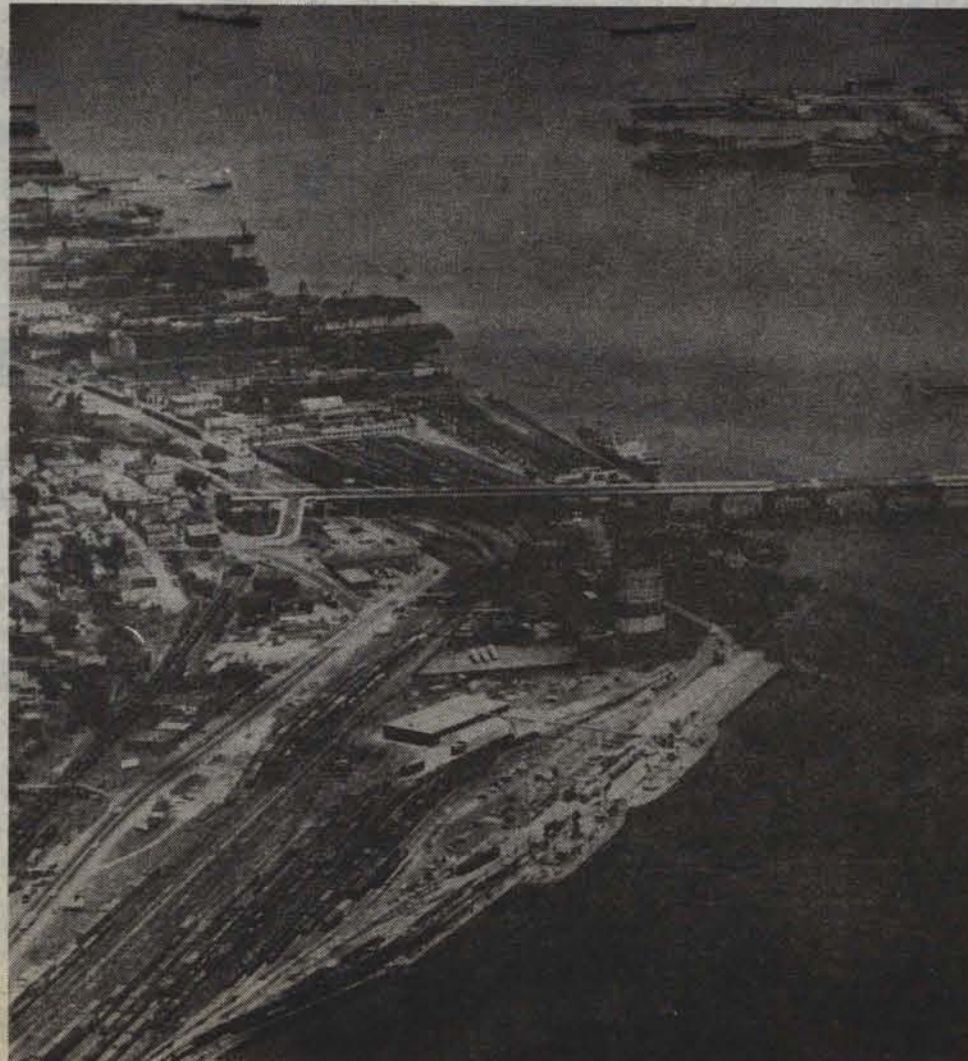


## editorial

## Vote for the train station of your choice:

State transportation officials are pressing the city of Portland to act quickly in selecting a site for the northern terminus of Amtrak's proposed Boston-to-Portland line. This important decision will affect the environmental and economic health of the entire Casco Bay region for decades to come.

Two of the most viable sites are described briefly below. Let Mayor Thomas H. Allen know which site you prefer. Tear out this page, mark your choice and mail it to: Mayor Tom, Portland City Hall, 389 Congress St., Portland, ME 04101.



**YES!** I vote to rebuild the International Marine Terminal (pictured above in 1956), or some portion of the land area near the Million Dollar Bridge, into an intermodal transit station convenient to Commercial Street and the Old Port. The tracks are still there and the city already owns the building, which could make this the least expensive site — and the one most convenient to downtown.

I recognize that downtown Portland is evolving toward the waterfront — already there is far more daily traffic on Commercial Street than on Congress Street — and that we need to plan now to serve the future transportation needs of that area.

By coordinating this project with the proposed Maine Aquarium, we could build a major attraction on the Portland waterfront, one that would hold interest for residents and foreigners alike.

Although this site would have to be a "head station" (where trains head in and out but cannot turn around), that is not really a problem because Amtrak believes service beyond Portland would be provided by other rail carriers (such as a New Mountain Line), also terminating at this site.



**YES!** I vote to begin rebuilding the region's transportation future on or near the site of the former Union Station (pictured above in 1961).

Although not downtown, this site is convenient to Portland and the Jetport via Congress Street, to South Portland via Route 1 and to everywhere else via I-295. Greyhound and METRO already operate nearby, making this an ideal "transportation hub" where automobiles, buses, bicycles, pedestrians and a future light rail system all converge.

I can see that wherever we build our new station, development will follow. A major hotel, restaurants, retail and other businesses will all want to be nearby. While this sort of growth would be a real boon to Commercial Street and downtown, it may be even more sorely needed to revitalize the St. John Street area.

We made a mistake in 1961, but Portland could rise from the ashes again. The new station would not be a replica, but a modern facility, accessible to everyone and capable of expanding as the city grows.

Although this site would ultimately be the most expensive — in addition to the cost of building the new station, we'd have to buy the existing mini-mall and tear it down — ultimately, rebuilding Union Station would be worth it.

## The swastika: a thought-provoking statement

■ By Laurence Kelly & Stephen Mackenzie

We would like the opportunity to explain and defend ourselves in response to the Citizen by Meyer Bodoff, the executive director of the Jewish Federation of Southern Maine, in the April 16 issue of *Casco Bay Weekly*. We market a T-shirt that features the last name of George Bush, on which a swastika has been substituted for the "s" in the president's last name.

Before Mr. Meyer's letter appeared, a spokesperson from the Jewish Federation of Southern Maine was quoted as saying, "If you (meaning CBW) run this kind of thing, then you should rerun the 900 Phone Sex ads." He also compared the message on our T-shirt to that of a shirt that might read, "I HATE NIGGERS."

Come on now folks, it seems that you are having trouble seeing the forest through the trees here.

We are fully aware — as aware as two Gentiles can be — of the immense pain and suffering connected with the symbol of the swastika. We are indeed sorry for the misunderstanding here.

We are not distributing pro-Nazi propaganda, and we are not saying we hate anyone. We are merely making a statement, as blatant as it may be, drawing the connection between George Bush and

fascism.

It's funny how the only presidential candidate who has suggested something like this is Mr. Pat Duke-Cannon himself, when fending off similar criticism thrown at him, who asked, "Has anyone pointed the finger of fascism at George Bush lately?"

If anyone has a difficulty seeing the correlation between fascism and the Reagan/Bush era, as subtle as it may be, we would be glad to go over the list with you.

And if no one else is willing to go out on a limb to suggest such a thing, then we will, as blatant and provocative as it may be. Because we want to take this guy out — along with the 12 years of corruption, deceit, environmental and civil rights abuse, bigotry and the ongoing ass-

kissing of all big corporations that are ruining our country and making it impossible to implement alternative, more clean and healthy, environmentally sound ways of providing quality food, clothing, health care, education, energy and transportation for our people, and to cooperate with and encourage other countries to do the same, for the sake of the world citizen.

No, we are not advocating fascism. Quite the

**citizen**

contrary. We have made an effort here to explain our reasoning, so that the people so deeply affected by this symbol may see that our intentions are in their best interests, and those of every other conscientious individual.

It is, however, the right to "freedom of speech" that has also been severely abused by many, and that we take issue with here. Our T-shirt is a *supreme* example of freedom of speech. It makes a thought-provoking statement about a dangerous government, which we don't trust.

We consider those people who would attack CBW for accepting an ad for this T-shirt to be trying to intimidate a left-leaning, people's publication. They are trying to suppress and censor freedom of speech. We plan to fight for it.

It would be interesting to find out if anyone has ever raised objection to the number of swastikas used in the comedy TV show "Hogan's Heros." The Reagan/Bush Show may be a joke, but it's certainly no comedy. ■

Laurence Kelly is a conscientious world citizen. Stephen Mackenzie is a Portland lawyer. The two are also marketing their T-shirts through *Rolling Stone* and *High Times* magazines.

## letters

## Catholic defends free speech

What is going on here? The article written by Tom Hanrahan ("Saving souls, born and unborn, 3.5.92) seems to have shaken a few people up. Good. *Casco Bay Weekly* hasn't apologized. Good.

Come on people, wake up and smell the coffee. Are newspapers, especially an alternative press, supposed to delete anything that perhaps might offend someone? Where are all the people screaming "First Amendment"? To paraphrase the French philosopher, Voltaire: "I might despise what you say, although I shall fight to the death for your right to say it."

For the record, I am Catholic. I attend mass each week, tithe my offerings and I am an active member of parish activities. I disliked and disagreed with Tom Hanrahan's article. I applaud *Casco Bay Weekly* for taking a stand and refusing to buckle under the pressures of self-righteous zealots like Bill Slavick, et al.

We do not live in a perfect society; however, we do live in a free one. To the editorial staff of CBW, "Way to go..." it's about time somebody in the local press showed some courage.

Randy Seaver  
Portland

## Mark's ad saddens us

We felt a need to respond to your recent advertisement for Mark's Show Place (Penthouse Pet) and for the Video Expo, both of which present women as sexual objects.

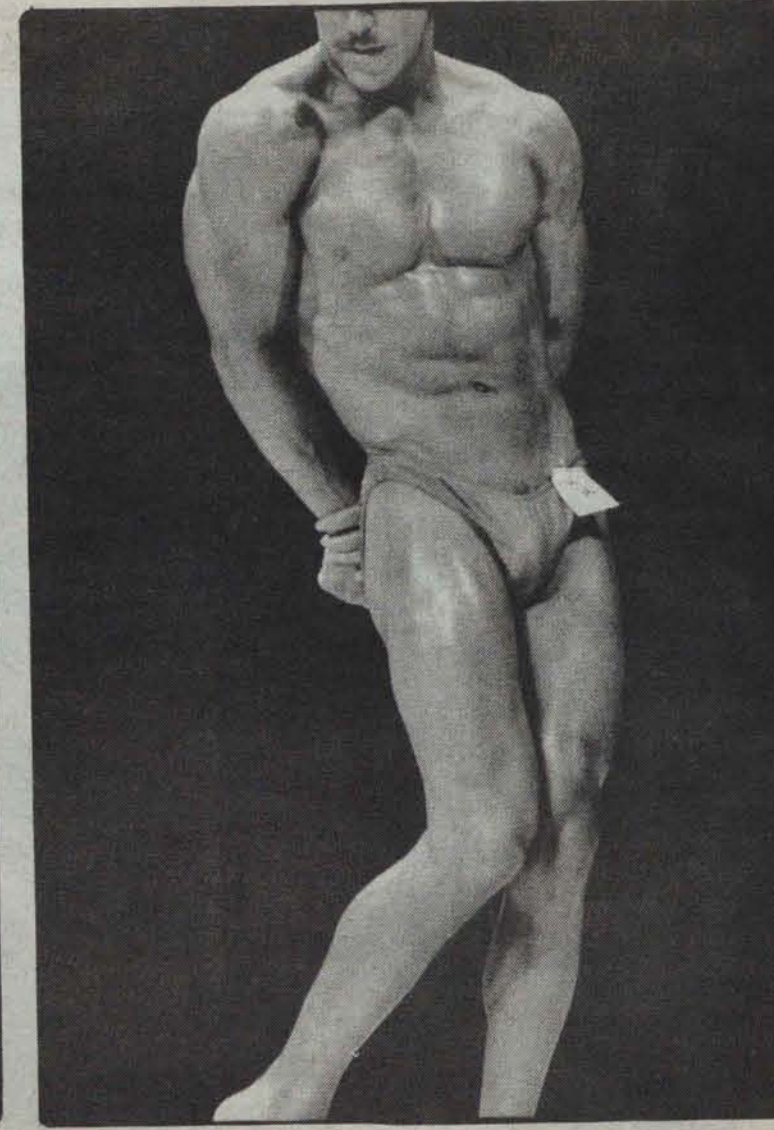
These ads have created much disappointment, sadness and concern to both of us.

We have thought of *Casco Bay Weekly* as one of the few newspapers whose articles consistently challenges the distrusts and injustices that exist in our community and society.

These advertisements are a direct contradiction to the very purpose and image of CBW. What's the deal? Why must you compromise your principals and the paper's integrity for the sake of \$? Are you trying to show us your unbiases?

If you want to continue to provide a paper that germinates and inspires our community to take action for the good of all life then please consider that each element of your paper is an integral part of such a foundation.

Kathleen Sweeney  
Steven Johnson  
Portland



Years of hard work had been pumped into each hard body at the 1992 Mr. and Ms. Maine Physique Championships. One by one, 34 contestants paraded through the spotlight at Scarborough High School on April 11. As I watched Linda Burgess (left, first place tall woman), Obie Philbrook (right, fifth place short man) and the rest strike statuesque poses, I envied them. I wanted to quit smoking. I wanted to be healthy. I wanted to turn my own flab into muscle.

**seen**

■ By Tonzee Harbert

## Mark's ad offends us

*Casco Bay Weekly's* acceptance of advertising that objectifies women concerns the business owners and citizens signing this letter. We especially object to the ads for "Mark's Showplace" which will run weekly in your newspaper. We ask that you refuse to run these ads.

The policy for your Personal Ads clearly states that "CBW will refuse ads that seek to buy or sell sexual services. Ads containing explicit sexual or anatomical language will not be published. We reserve the right to edit or refuse any ad." Shouldn't this policy apply to all advertisers in CBW?

Viewing women as sexual objects creates an atmosphere in our society that is conducive to violence against women. We urge CBW to demonstrate the same sensitivity to this issue as it has to other issues, including racism homophobia and the environment.

Most of us signing this letter also advertise in CBW. Some are considering withdrawing our ads until your newspaper changes its

policy. We urge CBW to take a stand, make a change and lead the way.

Gina Lovejoy  
Karin T. Odlin  
Kattyn Blackstone  
Rebecca Strauss  
Doug Malcolm  
Sarah Verrier  
Geroge York  
Deirdre Nice  
Tracy Johnson  
Ruth Elkin  
Maricia Goldenberg  
Suzanne Murphy  
Jill A. Osgood  
M. L. Katze

## Gays can hold hands too

I am writing in response to all of the homo-haters who have written letters in defense of the Boy Scouts' policy of excluding gays and lesbians. I would especially like to address Peter Campion of Portland who wrote that queers shouldn't "advertise" their sexual preference. Mr. Campion — I will stop "advertising" that I am queer when bigots like you stop advertising that you are heterosexual. As soon as every heterosexual ad on television is gone; as soon as people like you stop holding hands in public with your significant others; as soon as you stop talking about your spouses, your children, your homo-hating churches, and your houses with white picket fences (a la Jeanette Beaulieu's letter, 3.26.92) I will stop advertising my sexual preference. Until then, however, I will be out and loud and proud and flaunting my queerness all over this homo-hating city.

In closing I would like to mention that there have been beatings of two gay men in as many months. These men

were not advertising their sexual preference, they were simply walking down the street. People like Mr. Campion, Ms. Beaulieu and the leaders of the BSA condone and promote this violence with their uncensored bigotry.

Joe McLaughlin  
Portland

## Free speech gets a black eye

One small point on your editorial ("Free speech in an imperfect world," 3.19.92): If a black person refers to himself or herself as an "African-American," I usually ask "What part of Africa are you from?" which causes a moment of silence.

S.M. HALL III  
S.M. Hall  
Scarborough

**Casco Bay Weekly welcomes your letters. Please limit your thoughts to 300 words, include a daytime phone number and address to: Letters, Casco Bay Weekly, 551A Congress St., Portland, ME 04101.**

Editor: Monte Paulsen Arts Editor: Ellen Liburt Photojournalist: Tonzee Harbert Illustrator: Toki Oshima Regular Contributors: Wayne Curtis, Al Diamon, Paul Karr, Donald Maurice Kreis, John Lovell, Margot McWilliams, Mike Quinn, Michael Townsend Editorial Assistant: L.A. Conde-Costas Production Manager: Elissa Conger Graphic Designer: Laurie Spagnardi Production: Tim Clayton, Karen Gallagher, Dale Lewis, Nancy Sosman Circulation Director: Greg Gallant Circulation: Robert Lord Office Manager: Robyn Barnes Administrative Assistants: DeeDee Look, Bette Smart, Lisa Pajak Advertising: Marilyn Blinkhorn, Gayle Lumsden, Maureen Magee, Cary Smart Advertising Manager: Larry Haus Classified Manager: Michael Pajak Publisher: Seth Sprague President: Dodge D. Morgan 551A Congress St., Portland, ME 04101 207 775 6601 fax 207 775 1615 Entire contents © 1992 Casco Bay Weekly, Inc.



Is that a crayfish in her pot or is she just glad to see you? Find out if this decapod can rock Sunday, April 26.



**23**  
THURSDAY

◆ Simply the most perverse director of our time: Pedro Almodóvar is back, and he's brought more wild stuff from Spain, this time a soap opera called "High Heels," a complicated sex farce involving a mother-daughter love triangle. There's someone else in the triangle, of course — the mother's old flame and the daughter's new husband. Things only get more confusing and convoluted from there.

**24**  
FRIDAY

◆ Electric solo cello & other variations on a classical theme: Hear 'em free at Bates College Festival of New American Music, which runs today through Sunday in Lewiston in the college's Olin Concert Hall. The festival features new works by New England composers interspersed with lectures on various musical topics. See Music preview on page 29 for further program notes.

**25**  
SATURDAY

◆ Earth Day '92: Maine Audubon celebrates environmental awareness from 10-3 today at Gilsland Farm in Falmouth with wildlife demonstrations with Bart the eagle, owls and reptiles; nature walks; children's crafts

## Entertainment Weekly

Submissions for Entertainment Weekly sections must be received in writing on the Thursday prior to publication. Send your Calendar and Listings information to Ellen Liburt, Casco Bay Weekly, 551A Congress St., Portland, ME 04101.

The Casco Bay Weekly Calendar: 10 days and more ways to be informed, get involved and stay amused.

including kite flying and pottery; music by the Oakhurst Boys; and lots of state and local organizations providing info on better ways to care for the environment. Admission is free for all Audubon members and kids under 6 years old, \$1 for kids 6-18 and \$2 for adults (with a \$5 maximum per family). Call 781-2330 for earthy details.

◆ Taking the high ground at Highlander Center: "You Got To Move" is a documentary chronicling the activities of the Highlander Research and Education Center, which, since its founding in 1932, has been a vital meeting ground for people involved in social change (Rosa Parks and Martin Luther King are just two of its alumni). Much of the center's energies in recent years have been spent working with poor rural communities of Appalachia. The film highlights testimonies of ordinary folks who have learned about the power of collective empowerment to transform themselves and society. The screening will be followed by a panel discussion from 7-9 tonight at USM Portland, 165 Science Building, Falmouth Street. It's free. For further highlights call 775-0626.

**26**  
SUNDAY

◆ Jazz in the afternoon: Mid-Coast Jazz Society presents its annual Jazz Festival, featuring four outstanding jazz traditionalists: the Bellamy Jazz Band, which will start the day off with a few New Orleans & Chicago jazz numbers in Patten Park bandstand before marching down Washington Street; jazz singer and Cape Elizabeth native Melissa Hamilton; Noel Koletsky, leader of the Galvanized Jazz Band of Connecticut; Muriel Havenstein, Nobleboro's stand-out jazz pianist; and

Al Corey, whose big band will swing you off your feet. The festival begins at 1 p.m., and takes place (mostly) at the Chocolate Church, 804 Washington St., Bath. Tix are \$10, \$12 & \$15. Call 443-5420 for swinging details.

◆ Or, you can let the Cajun/Creole good times roll with Queen Ida and the Bon Temps zydeco band, who will astound you with their tuneless energy tonight at 7 at Zootz, 31 Forest Ave. Tix are \$10 in advance, \$12 at the door. Call 773-8187 for a good time.

**27**  
MONDAY

◆ Steve Gerlach plays his rocking folk tonight at 7 at The Westside, where the hip meet to beat their feet at the Monday night Acoustic Coffee House. There's a suggested donation of \$2 that goes straight to the musicians. Call 773-8223 for more info.

**28**  
TUESDAY

◆ Reproductive rights and choices: Take an early lunch today and hear Ruth Schwartz Cowan, history professor at the State University of Stony Brook, speaking on "Reproductive Rights and Reproductive Choices: An Historian's Perspective on Recent Developments in Genetics and Reproductive Technology." Cowan will speak in Ludcke Auditorium on the Westbrook College campus, Stevens Avenue, Portland. It's free. For details call 797-7261, ext. 218.

**29**  
WEDNESDAY

◆ Roomful of Blues: These people were approached to

perform in the movie "The Blues Brothers," but turned the producers down flat because they didn't didn't want to compromise their artistic integrity. Say what? You heard right, and you can hear this ridiculously fine band tonight at 8 at Raoul's Roadside Attraction, 865 Forest Ave. Tickets are \$10. A bargain. Call 773-6886 for details.

**30**  
THURSDAY

◆ Dave Holland! at the no! You, humble resident of Portland, Maine, will be availed a rare opportunity to hear perhaps the finest proponent of modern jazz bass working today when he visits Portland for the first time tonight. Among Holland's many accomplishments: a significant stint in the Miles Davis bands of the late '60s and early '70s. Hear him solo on bass and cello with sets at 9 & 11. Admission is \$15, and reservations will be taken. Got it? Good. Call 772-8114 very, very soon or risk disappointment.

**1**  
FRIDAY

◆ Hey, when they're hot they're hot over there on Danforth Street. If you missed Holland, don't fret. Tonight (and May 2) the Splatter Trio — one of San Francisco's most popular, progressive units — returns to cafe no. This trio, according to no owner Paul Lichter, is avant-garde in the best sense of the expression — they really take it out on drums, bass/guitar and saxophones. Extra-special bonus: Saxman Dave Barrett is one of the few contemporary reed players who is able to play two saxophones simultaneously without being gimmicky. Now that's impressive.

How much? Seven bucks at the door. Call 772-8114 for heated details.

◆ Overheard in Brunswick: "A woman cannot be herself in modern society. It is an exclusively male society, with laws made by men and with prosecutors and judges who assess female conduct from a male standpoint." Hey, if you think we're talkin' about Anita Hill here, guess again. That's Henrik Ibsen calling it as he saw it in 1878. If his words strike a chord, go hear more in The Theater Project's updated production of "A Doll's House" tonight at 8. The theater's located at 14 School St., Brunswick. Call 729-8584 for reservations. See Stage review on page 31 for more.

**2**  
SATURDAY

◆ Reduce, reuse and recycle! You can learn the why's and how's of composting/recycling today from 10-2 at Yarmouth High School. Featured will be compost demonstrations, composting and recycling displays by area organiza-

tions and public works equipment. (If you've ever wondered about the inner workings of a snowplow or how a sludge converter does its dirty deed, this here

### Cheap thrill

#### Debating Portland's future

Live, from Portland, Maine! It's Sunday Night... when you can stump the stumpers who want to run your city, as they debate for the two at-large seats on the Portland City Council April 26 from 7-9 p.m.

March on down to Portland Performing Arts Center (25A Forest Ave.), where you'll be able to write out incisive questions for candidates Paul G. Tyson, Leo Killinger Sr., Keri Lord, Carolyn T. Cosby and John McDonough. Or, if you can't make it in person, mail in those zingers ahead of time to DEBATE QUESTION, Casco Bay Weekly, 551A Congress St., Portland, ME 04101. Radio raconteur and political pundit Al Diamon will moderate as candidates debate each other for the first hour of the program, then field your questions for the second. Whether you attend in person or listen as the debate is broadcast live on WGAN, don't miss this opportunity to ask these people exactly what qualifies them to run Portland. The free-for-all is free for all, and is brought to you courtesy of the Democratic City Committee, the Republican City Committee, 56 WGAN and CBW. Just show up at the door and say: "Lemme at 'em!"



They're all talented, but only one man can lead. Find out which Sunday, April 26.

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9PM, \$4  
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MICHAEL TOMLINSON  
No Smoke Show, 8pm, \$12  
TUESDAY APRIL 28  
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UPCOMING, APRIL 29  
ROOMFUL OF BLUES  
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Jenny & The Woodmen \$3  
• FRIDAY 4-24  
The Fat City Band \$4  
• SATURDAY 4-25  
Port City All Stars \$4  
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what  
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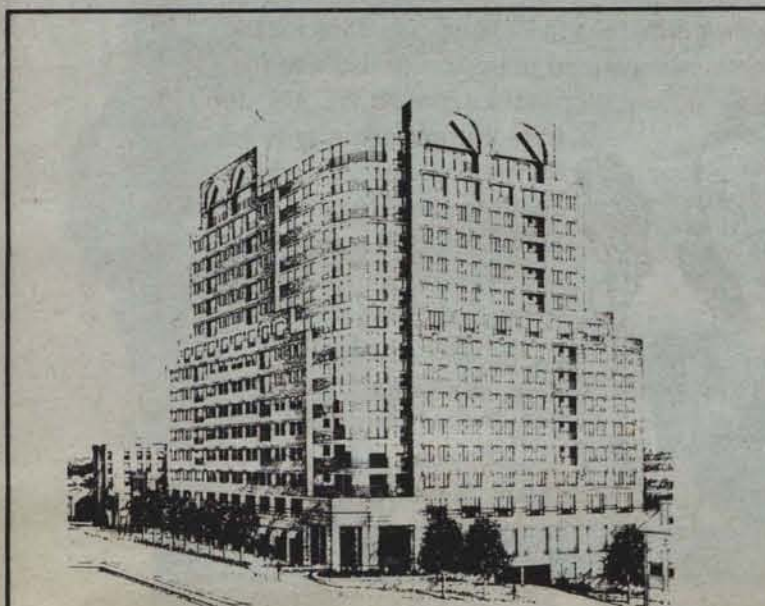
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THE CONTEST

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This week's winner is  
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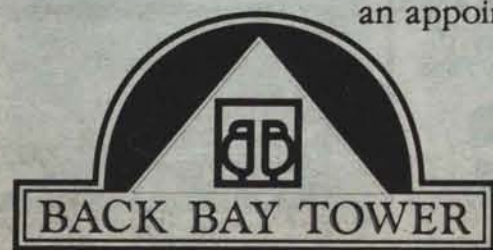
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## Entertainment Weekly

Continued from 10-day CALENDAR

## WHAT'S WHERE

Due to scheduling changes after  
CBW goes to press, moviegoers  
are advised to confirm times  
with theaters.

### General Cinemas

Maine Mall  
Maine Mall Road, S. Portland  
774-1022

Dates effective April 24-30

**My Cousin Vinny (R)**

1:35, 4:20, 7, 9:35

**Fried Green Tomatoes (R)**

1:20, 4:10, 6:50, 9:40

**Wayne's World (PG-13)**

1, 3:10, 5:30, 7:35, 9:45

**Beethoven (G)**

1, 3, 5, 7:15, 9:15

**Fern Gully (PG)**

1:30, 3:20, 5:15, 7:25, 9:15

**The Babe (PG)**

1:15, 4, 7, 9:25

**Passed Away (PG)**

TBA

### Hoyts Clark's Pond

333 Clark's Rd., S. Portland  
879-1511

Dates effective April 24-30

**Beauty and the Beast (G)**

1:40, 4:30

**The Cutting Edge (PG)**

1, 7:20

**Basic Instinct (R)**

12:40, 3:30, 6:40, 9:20

**White Men Can't Jump (PG-13)**

12:50, 3:40, 7, 9:30

**Thunderheart (R)**

7:10, 9:40

**Straight Talk (PG)**

4, 10

**Sleepwalker (R)**

1:20, 4:10, 7:40, 10:10

**City of Joy (PG-13)**

12:30, 3:20, 6:30, 9:10

**Year of the Comet (PG-13)**

1:30, 4:20, 6:50, 9

**White Sands (R)**

1:10, 3:50, 7:30, 9:50

### The Movies

10 Exchange St., Portland  
772-9600

**Matinee Sat & Sun**

**High Heels**

April 22-28

Wed-Tues 7, 9:15

Sat-Sun 1, 3:15

**Veronique**

April 29-May 5

Wed-Tues 7, 9

Sat-Sun 1, 3

### Nickelodeon

Temple and Middle streets,  
Portland  
772-9751

Dates effective April 24-30

Second showing Fri-Sun

**Rock-A-Doodle Sat & Sun only**

**Father of the Bride (PG)**

1:20, 4:20, 7:20, 9:50

**Hook (PG)**

12:50, 3:50, 6:50, 9:20

**Rock-A-Doodle (G)**

1:10, 4:10

**The Lawnmower Man (R)**

1, 4, 7, 9:40

**Final Analysis (R)**

1:10, 4:10, 7:10, 9:25

**Memoirs of an Invisible Man (PG)**

12:30, 3:30, 6:30, 10

**Prince of Tides (R)**

12:40, 3:40, 6:40, 9:30

## SILVER SCREEN

### The Babe

The life of a baseball legend: pitcher-turned-sluggo George Herman "Babe" Ruth. Set in the 1920s. Starring John Goodman, directed by Arthur Hiller.

### Basic Instinct

"Streets of San Francisco's" Michael Douglas finally returns as a detective in this erotic murder thriller directed by Paul Verhoeven ("Total Recall"). Sick and entertaining. Or subversively homophobic. See it and decide for yourself.

### Beauty and the Beast

Disney's animated extravaganza based on the fairy tale.

### Beethoven

Suburban parents of three, played by Charles Grodin and Bonnie Hunt, have to deal with a St. Bernard that joins and disrupts their household.

### City of Joy

An American doctor, together with a Brit and an Indian couple, runs a clinic in an impoverished area of India.

### The Cutting Edge

A love story between a rough hockey player and an ice skater. Unable to pursue his pro league dreams, the hockey player turns grudgingly to figure skating, finds a refined partner and falls for her.

### Father of the Bride

Two parents oversee the frantic wedding of their daughter. Diane Keaton and Steve Martin team up in this remake of the 1950 original.



### Fern Gully

A fairy from the Fern Gully rainforest meets a human and together they try to stop the ecological destruction which threatens the fairy's own home. Animated.

### Final Analysis

A forensic psychiatrist who routinely testifies at criminal trials gets involved with a schizophrenic female patient, whose sister seduces the unsuspecting shrink. The relationship triangle uncovers an otherwise perfect murder. Stars Richard Gere and Kim Basinger.

### Fried Green Tomatoes

An overweight and neglected housewife befriends a lonely older woman living at a rest home. They develop a close relationship based on the elder's memories — a tale of two women friends in the '30s — which helps to restore the housewife's joie de vivre. Flawed but interesting parallel tale starring Jessica Tandy, Kathy Bates, Mary Louise Parker and Mary Stuart Masterson.

### High Heels

A flamboyant singer returns to the daughter she's neglected, who is now married to the mother's former lover. Pedro Almodovar's irreverence spins this and other tales into a tapestry of postmodern confusion in Madrid.



### Hook

Steven Spielberg's version of "Peter Pan" stars Robin Williams in the lead role as a corporate lawyer who must rediscover himself as Peter Pan in order to save his children from the cruel and vain Hook, played by Dustin Hoffman.

### The Lawnmower Man

Science fiction thriller, based on a short story by Stephen King, about a mad scientist and a gardener.

### Memoirs of an Invisible Man

Chevy Chase stars as a guy who gets caught up in an accident that makes him invisible. The federal government wants to preserve him in that state to analyze him, but all he wants are his molecules and the girl for whom he's fallen, played by Daryl Hannah.

### My Cousin Vinny

Ralph Macchio and Mitchell Whitfield star as college students wrongly accused of murder in a rural Alabama town. Joe Pesci plays the inept Brooklyn lawyer who comes to their rescue.

### Passed Away

A comedy in which the many peculiar members of a family are brought together by the death of the patriarch.

### Prince of Tides

A New York psychiatrist (Barbara Streisand) and a South Carolina teacher (Nick Nolte) are brought together by the attempted suicide of his sister, who happens to be her patient. Directed by Streisand, based on Pat Conroy's novel.

### Rock-A-Doodle

Animated film about a chicken.

### Sleepwalker

Extraterrestrial vampires terrorize a small Downeast town, always maintaining their respectability with their assumed human forms.



### Straight Talk

Comedy starring Dolly Parton as woman-on-the-street turned straight-talking radio personality. With James Woods.



### Thunderheart

An FBI agent with Native American roots is sent to investigate a murder on a reservation. Intelligent and absorbing.

### Veronique

A Polish woman leading an uneventful life is vaguely troubled by the feeling that she is not alone. One day she spots a French tourist in Krakow who looks very much like herself, a fact the French woman's lover is quick to notice when back in Paris he looks at the pictures she took in Poland and happens to see the other "Veronika."

### Wayne's World

A late-night cable show broadcast from a basement, featuring Metal Heads Wayne and Garth (of "Saturday Night Live"), who make pronouncements on teen life and share fantasies about the lovely babes from Babylon. Moronic.

### White Men Can't Jump

A comedy-drama in which Wesley Snipes ("Jungle Fever") and Woody Harrelson (TV's "Cheers") team up to make money scamming other basketball players on LA's playgrounds. Entertaining and action-filled.

### White Sands

In his zeal to discover a murderer, a small town sheriff impersonates the dead man and takes a trip to meet a contact. He becomes trapped in a world of roques and hustlers as he realizes that even the FBI and CIA might be behind the assassination. Not directed by Oliver Stone. Michael Dafee and Mickey Rourke star.

### Year of the Comet

The daughter of a distinguished London wine merchant finally persuades her father to let her catalogue a wine cellar solo. She soon discovers a valuable 1811 bottle of Lafite in France. But other interests are also vying for the rare vintage.



Continued on page 26

**THE PEOPLE UNDER THE STAIRS**

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Luke raped Laura. *General Hospital*.  
Forced sex with Satan. *Friday The 13th*.

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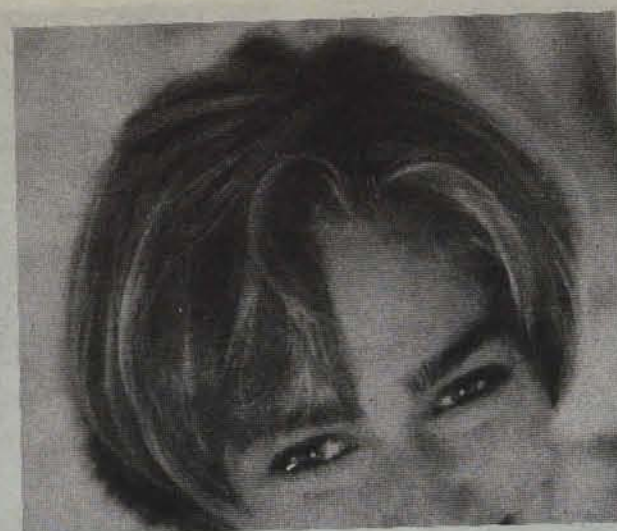
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• Chicken  
Parmigiana **\$7.95**  
your choice

Above Early Bird Specials served with potato or pasta, a fresh garden salad, and our own homemade Italian bread & butter.

## Entertainment Weekly

Continued from page 24

## STAGE

### "A Doll's House"

The Theater Project stages Ibsen's drama about the dilemmas of a modern woman in a male-dominated society. Through May 3 — Thurs-Sat, 8 pm; Sun, 2 pm — at The Theater Project, 14 School St., Brunswick. Call 729-8584 for reservations.

### "Alice in Wonderland"

Charleston Ballet Theatre performs this brand new fairy tale adapted from the classic story by Lewis Carroll. May 2 — Sat, 7 pm — at The Chocolate Church, 804 Washington St., Bath. Tix: \$12, \$10 seniors & students, \$5 children. For reservations call 442-8455.

### "Alice in Wonderland"

The Maine State Ballet presents this ballet comedy, an original adaptation of the music of Ibert & Walton. April 24 & 25 — Fri, 10:30 am (special mini-performance for children) & 7 pm; Sat, 2 & 7 pm — at Portland High School auditorium, 284 Cumberland Ave., Portland. Tix: \$12, \$10 seniors & children. For reservations, call 878-3032.

### "Come Back to the Five and Dime, Jimmy Dean, Jimmy Dean"

USM students stage this blend of Southern charm and heated emotions in a drama-comedy about the 20th reunion of a 1950s James Dean fan club. Through April 26 — Thurs-Sat, 7:30 pm; Sun, 5 pm — at the Mainstage, Russell Hall, USM Gorham. Tix: \$7 public, \$6 USM staff & seniors, \$4 students. For reservations call 780-5483.

### Comedians Tim Ferrell, Joanne Chesche and Kevin Shone

ask the age-old question: Do you fear mimes, sad clowns and puppetry? Yes? Then you'll love the improvisational comedy of Tim, Joanne and Kevin. The demerit trio lovingly take audience ideas and transform them into two hours of comic mayhem. Every Thursday, armed with big sticks, they take pokes at washed-up actors, bad TV, pompous politicians, mood swings, lesser-known nursery rhymes, criminally insane behavior, Jim Nabors, indoor-outdoor carpeting, and other sacred cows you suggest. For three bucks you can't go wrong. Like fingerprints, no two shows are alike. Every Thursday at 8 pm at the Cave, 29 Forest Ave. Call 879-0070 for info.

### Country Music Association's Hall of Fame Banquet & Show

will feature Gene Hooper, Slim Clark, Al Hawsley, Betty Goby, Betty Gribbin, Jack Thurlow, Norm Deleau et al., April 26 from noon-5 pm at Verrillo's Restaurant, Exit 8, Westbrook. Cost: \$15 for dinner & show. For details call 799-8938.

### "Dark River"

Mad Horse Theatre Company presents a tale of greed and self-deception in which a Maine family plunges into tragedy and a town into ecological calamity. Through April 26 — Thurs-Sat, 8 pm; Sun, 7 pm — at Mad Horse Theatre, 955 Forest Ave., Portland. Tix: \$15, \$13 students & seniors. For reservations (required), call 797-3338.



### "Hospitality Suite"

Schoolhouse Arts Center stages Hank Beebe's musical about passion and profits. Through April 26 — Thurs-Sat, 8 pm; Sun, 2 pm — in the Center located in Route 114 at Sebago Lake. For ticket prices and reservations, call 642-3743.

### "Le Cage aux Folles"

Portland Lyric Theater stages this unorthodox comedy. Through May 10 — Fri & Sat, 8 pm; Sun, 2:30 pm (except April 26, 5:30 pm) — at Portland Lyric Theater, 176 Sawyer St., S. Portland. Tix: \$12, \$10 matinees. For reservations, call 799-1421.

### "Ladies First"

Robin Lane's one-woman portrayal of six first ladies. April 24 — 1 pm — at Ocean View, 52 Falmouth Road, Falmouth. Tix: \$5. For reservations, call 781-4460.

### Loosen Up!

with this unique brand of improvisational comedy. May 2 — 9:30 pm — at Jesters Comedy Club, 173 Ocean St., S. Portland. Cover: \$4. For reservations call 799-2821.

### "Melody Hour Murders"

at The Mystery Cafe Dinner Theatre, Baker's Table Banquet Room, 434 Fore St., Portland. Shows every Saturday at 8. For info and reservations call 693-3063 or 1-800-834-3063.

### Portland Ballet Co. with Guests Christopher Reeve & Victoria Rowell

The programs consists of Degas, Flames of Paris, Spectre de la Rose and Carnival of the Animals. May 1 & 2 — Fri, 10 am (for youth); Sat, 1 & 7:30 pm — at Portland City Hall Auditorium, 30 Myrtle St., Portland. Tix: \$18-\$9 (\$3 for youth concert), with special discounts for seniors & students. For reservations, call 772-9671.

### Ram Island Dance

will perform some major works by Daniel McEsker, the company's artistic director, and a work-in-progress on May 1 & 2 — Fri & Sat, 8 pm — at Mad Horse Theatre, 955 Forest Ave., Portland. Tix: \$10. For reservations call 773-2562.

### "The Ruffian on the Stair"

Vintage Repertory Company presents Joe Orton's rarely staged first play in which love, honor and vengeance provide the comic venom. Through April 29 — Wed, 8 pm — at cafe no, 20 Danforth St., Portland. Tix: \$5. For reservations, call 772-8114.

## AUDITIONS

### Original Murder Mysteries

Anyone with an enthusiasm for acting is welcome April 25 from 11 am-4 pm at the Visitors Center, Seashore Trolley Museum, Kennebunkport. For more info call 883-2460.

### Audition for a Clown

The Ground Round Restaurant will hold open auditions for a paid Bingo the Clown character to represent the restaurant at fairs and festivals this summer. Be prepared to entertain the "Popcorn Gallery" with a 3-minute clown sketch. No reservation necessary. Candidates must be at least 18 years old and have reliable transportation and a flexible schedule. May 2 at 9:30 am in the restaurant, 195 Maine Mall Road, S. Portland; or May 11, 7 pm at the Auburn Ground Round. For further info call 846-3714.

## CLUBS

### THURSDAY 4.23

The Nick Goumas Quartet (jazz) cafe no, 20 Danforth St., Portland. 772-8114.  
Deborah Levov (folk & funk) College Pub, USM Portland Campus Center, Bedford Street. 874-6598.

D. J. Landry (acoustic rock) Geno's, 13 Brown St., Portland. 772-7891.

Marijane Brink (acoustic) Mountain Lion Coffeehouse, 127 Middle St., Portland. 772-5242.

The Lime Rockets (rock) Old Port Tavern, 11 Moulton St., Portland. 774-0444.

The Worry Dolls (rock) Raoul's Roadside Attraction, 865 Forest Ave., Portland. 773-6886.

Laser Karaoke, Spring Point Cafe, 175 Pickett St., S. Portland. 767-4627.

Jenny & The Woodmen (rock) T-Birds, 126 N. Boyd St., Portland. 773-8040.

Deejay Greg Powers (laser karaoke) Tipperary Pub, Sheraton Tara Hotel, S. Portland. 775-6161.

Sam the Wagon (dance) Whenshere, 29 Forest Ave., Portland. 874-9770.

David Good (acoustic) Wolfe's, 193 Middle St., Portland. 773-3501.

Open Mic with Bill Cameron (b.o.) The Wrong Brothers Pub at Port Billiards, 39 Forest Ave., Portland. 775-1944.

Ken Grimsley (acoustic) Brannhall Pub, 769 Congress St., Portland. 773-9873.

Dave Ballou Quintet (jazz) cafe no, 20 Danforth St., Portland. 772-8114.

No Man, Steel Cow (rock) Geno's, 13 Brown St., Portland. 772-7891.

Panic Station (rock) Moose Alley, 46 Market St., Portland. 774-5246.

Pal, Scarecrow Assembly, Dreamers of Oblivion (acoustic) The Mountain Lion Coffeehouse, 127 Middle St., Portland. 772-5242.

The Roosters (rock) Old Port Tavern, 11 Moulton St., Portland. 774-0444.

The Broken Men (rock) Raoul's Roadside Attraction, 865 Forest Ave., Portland. 773-6886.

The Upsettters (R&B) Spring Point Cafe, 175 Pickett St., S. Portland. 767-4627.

Fat City Band (dance rock) T-Birds, 126 N. Boyd St., Portland. 773-8040.

Tom Dyhrberg (acoustic) Tipperary Pub, Sheraton Tara Hotel, S. Portland. 775-6161.

Curfew (rock) The Wrong Brothers Pub at Port Billiards, 39 Forest Ave., Portland. 775-1944.

Friday 4.24

Ken Grimsley (acoustic) Brannhall Pub, 769 Congress St., Portland. 773-9873.

Dave Ballou Quintet (jazz) cafe no, 20 Danforth St., Portland. 772-8114.

No Man, Steel Cow (rock) Geno's, 13 Brown St., Portland. 772-7891.

Panic Station (rock) Moose Alley, 46 Market St., Portland. 774-5246.

Pal, Scarecrow Assembly, Dreamers of Oblivion (acoustic) The Mountain Lion Coffeehouse, 127 Middle St., Portland. 772-5242.

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Continued on page 28



Barbara Mather and Tootie Van Reenen (l. to r.) discuss outrageous acts and everyday rebellions in "A Doll's House."

## Knowing it's time to change

Nora Helmer has cheerfully spent her entire adult life as a dutiful wife and loving mother. Gradually she realizes that her marriage is a fraud, that she and her husband are strangers. She comes to the stark conclusion that she is not even qualified to raise her children — because she has never come to know herself and her own place in the world. One night, after returning home from a party, she walks out on the comfortable, empty life she has built with the upwardly mobile banker. With her she takes an overnight case, her courage and her dignity.

Sounds like one of the parables in Gloria Steinem's soul-searching new book, "Revolution from Within." Or one of the many films, plays, movies and books which have become American cultural staples since the 1970s: "Alive Doesn't Live Here Anymore," "An Unmarried Woman," anything by Erica Jong.

This story, "A Doll's House," was written in '79 — eighteen seventy-nine. The playwright, Norway's Henrik Ibsen, also wrote, "A woman cannot be herself in modern society. It is an exclusively male society, with laws made by men and with prosecutors and judges who assess female conduct from a male standpoint."

"The issues haven't changed that much in a hundred years,"

observes Chris Price, director of the production of "A Doll's House" currently running at the Theater Project in Brunswick.

"Today, you still have a subcommittee of men making judgments about women. Look at Anita Hill, or the William Kennedy Smith case."

Price has chosen to update the play's setting from Ibsen's time to the 1950s, "a time when the nuclear family was a very strong force; that raises the risk in terms of her walking out," he says. Price

also says he wanted to bring it to a place in history a contemporary audience could remember in order to judge how far we've come as a society.

Does it work? For the most part, yes. Tootie Van Reenen's Nora is rich with desperate, tormented cheeriness as her husband addresses her as "my little scatterbrain" and "my little songbird." Nora is the woman who is supposed to be happy; she has it all; and Van Reenen betrays the tortured soul beneath the smile little by little, scene by scene.

Christopher Horton's Torvald, the pompous, smug, out-of-touch husband, is reminiscent of Richard Benjamin in "Diary of a Mad Housewife." He is condescending, patronizing and concerned only with appearances. His hollow laughter feels like a chilly draft. When he and Nora return from a masquerade ball, she informs him, "I'm taking off my costume." She emerges in street clothes, preparing to leave. "You've changed," Torvald says in soft terror. Like all bullies, he too is a coward.

Price also designed the set, which consists of a sparse, '50s-style living room and kitchen. The pole lamp, the LIFE Magazines on the coffee table, and the formica dinette are the genuine articles. The walls, painted institutional green, have jagged tops with steel poles sticking out the top; is it a prison? Exposed infrastructure after the cement has chipped away?

Barbara Mather plays the role of Kristine Linde, an older, wiser friend of Nora's who has been through the hard knocks of the real world. She does it with quiet dignity, but lacks passion and at times seems stiff. Martin McDonough's Nils Krogstad, a blackmailing loan shark, always seems timid and terrified, even when he should be ruthless and threatening. Harlan Baker's Dr. Rank, a family friend who is obsessed with his own sickness and death, is appropriately morbid; but again, his acting stays on a single note. Both Mather and Baker seem Addams Family-ish. Hazel Richardson does an adequate job as the faithful nanny-housekeeper.

The music is provided by Doreen Conboy, who plays frothy songs from the '50s on cello. This adds an ironic juxtaposition of the effervescent with the oppressive that is well suited to Nora and her story.

Suze Allen did a wonderful job with costumes. The clothes are classic '50s; and Nora has great taste in dresses. But as Nora finds out, the important thing is knowing when it's time to change.

Christine Young

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## Entertainment Weekly

Continued from page 26

### CLUBS

**Twisted Roots, Doctor Rain** (rock) Zoots, 31 Forest Ave, Portland. 773-8187.

### SATURDAY 4.25

**Ken Grimley** (acoustic) Bramhall Pub, 769 Congress St, Portland. 773-9873.  
**Dave Ballou Quintet** (jazz) cafe no. 20 Danforth St, Portland. 772-8114.  
**Michael Danahy** (acoustic) The Cave, 31 Forest Ave, Portland. 773-8187.  
**"All Star Bash"** (video) Geno's, 13 Brown St, Portland. 772-7891.  
**Panic Station** (rock) Moose Alley, 46 Market St, Portland. 774-5246.  
**Sean Henny** (acoustic) The Mountain Lion Coffeehouse, 127 Middle St, Portland. 772-5242.  
**The Roosters** (rock) Old Port Tavern, 11 Moulton St, Portland. 774-0444.  
**The Broken Men** (rock) Raoul's Roadside Attraction, 865 Forest Ave, Portland. 773-6886.  
**Ethelwyn Worden** (Scottish folk) Saco River Grange Hall, Salmon Falls Road, Bar Mills. 929-6472.  
**The Upsetters** (R&B) Spring Point Cafe, 175 Pickett St, S. Portland. 767-4627.  
**Port City All Stars** (R&B) T-Birds, 126 N. Boyd St, Portland. 773-8040.  
**Oil Donatelli Band** (Top 40) Tipperary Pub, Sheraton Tara Hotel, S. Portland. 775-6161.  
**Curfew** (rock) The Wrong Brothers' Pub at Port Billiards, 39 Forest Ave, Portland. 775-1944.

### SUNDAY 4.26

**Open Jam Session** (jazz) cafe no. 20 Danforth St, Portland. 772-8114.  
**Open Poetry Reading** (poetry) The Mountain Lion Coffeehouse, 127 Middle St, Portland. 772-5242.  
**Aerial Suite** (rock) Old Port Tavern, 11 Moulton St, Portland. 774-0444.  
**Michael Tomlinson** (folk) Raoul's Roadside Attraction, 865 Forest Ave, Portland. 773-6886.  
**Vintage Repertory Co. & Peter & Donna Campions** "Love, Elizabethan Style" (play) Saco River Grange Hall, Salmon Falls Road, Bar Mills. 929-6472.  
**Comedian Billy Martin** (stand-up) T-Birds, 126 N. Boyd St, Portland. 773-8040.  
**Roadkill** (acoustic) Wharfs End, 52 Wharf St, Portland. 773-0093.  
**Three Nights with 22 bands**, Wherehouse, 29 Forest Ave, Portland. 874-9770.  
**Ken Grimley** (acoustic) The Wrong Brothers' Pub at Port Billiards, 39 Forest Ave, Portland. 775-1944.  
**Queen Ida & Bon Temps Zydeco Band** (Cajun & Creole) Zoots, 31 Forest Ave, Portland. 773-8187.

### MONDAY 4.27

**Aerial Suite** (rock) Old Port Tavern, 11 Moulton St, Portland. 774-0444.  
**Open Mic Show with Randy Morabito** (b.y.o.) Raoul's Roadside Attraction, 865 Forest Ave, Portland. 773-6886.  
**TBA** (acoustic) Westside Restaurant, 58 Pine St, Portland. 874-2351.  
**Open Mic Night with Ken Grimley** (acoustic) Wharfs End, 52 Wharf St, Portland. 773-0093.  
**The Samples** (rock & reggae) Zoots, 31 Forest Ave, Portland. 773-8187.

### TUESDAY 4.28

**Michael Franco, Joe Torres** (poetry reading) cafe no. 20 Danforth St, Portland. 772-8114.  
**Open Mic Night** (b.y.o.) The Mountain Lion Coffeehouse, 127 Middle St, Portland. 772-5242.  
**Legend** (rock) Old Port Tavern, 11 Moulton St, Portland. 774-0444.  
**The Lone Star Band** (dance) Raoul's Roadside Attraction, 865 Forest Ave, Portland. 773-6886.  
**Open Mic Night with Peter Gleason** (b.y.o.) Spring Point Cafe, 175 Pickett St, S. Portland. 767-4627.  
**The Horny Tons** (acoustic) Wharfs End, 52 Wharf St, Portland. 773-0093.

**Miracle Legion, The Lounge Actors** (alternative rock) Zoots, 31 Forest Ave, Portland. 773-8187.

### WEDNESDAY 4.29

**Vintage Repertory Co.'s "Ruffian on the Stair"** (play) cafe no. 20 Danforth St, Portland. 772-8114.  
**Bachelors' Night** (topless) Moose Alley, 46 Market St, Portland. 774-5246.  
**The Chan Man, George Worthley** (acoustic) The Mountain Lion Coffeehouse, 127 Middle St, Portland. 772-5242.  
**Legend** (rock) Old Port Tavern, 11 Moulton St, Portland. 774-0444.  
**Roomful of Blues** (blues) Raoul's Roadside Attraction, 865 Forest Ave, Portland. 773-6886.  
**TBA**, Spring Point Cafe, 175 Pickett St, S. Portland. 767-4627.  
**Jeremy Lester & Lou Moore** (acoustic) Wharfs End, 52 Wharf St, Portland. 773-0093.  
**Open Mic Night with The Cool Whips** (b.y.o. jam) The Wrong Brothers' Pub at Port Billiards, 39 Forest Ave, Portland. 775-1944.



### Ballet bonanza

Karen Montanaro and Scott Potter invite you to celebrate National Dance Week with the Portland Ballet Company as it presents "Invitation to the Dance," a two-day program including four French-inspired ballets: "Degas," "Flames of Paris," "Spectre de la Rose" and "Carnival of the Animals." A fundraising dinner/auction Friday, May 1 will feature guests Christopher Reeve and Victoria Rowell. See the ballet May 1-2 at City Hall Auditorium, 30 Myrtle St, Portland. For times and prices, check Stage Listings on page 26.

### DANCING

**Gotta Dance, Inc.**, Thompson's Point, second floor Bldg 1A, Portland. Smoke- and chem-free dances with swing, Latin & ballroom music Fridays from 9-12 pm & Sundays from 3-6 pm. \$5. 773-3558.  
**Maine Ballroom**, 614 Congress St, Portland. Every Sat 9-midnight. Cost: \$5. No reservations required. 773-0002.  
**The Moon**, 425 Fore St, Portland. Open nightly, 8 pm on... Fri-Sat until 3 am. Cover: \$2. Thursday's are college alternative night. No cover with college ID, \$1 without. 871-0663.  
**Salutes**, 20 Milk St, Portland. Open nightly until 1 am. No cover. 774-4200.  
**T-Birds**, 126 N. Boyd St, Portland. Sun: comedy night; Weekdays: special events; Fri & Sat: rock & roll, dance. 773-8040.  
**Wherehouse Dance Club**, 29 Forest Ave, Portland. Progressive music: Fri, chem free, all ages with deejay; Sat, women's night from 9-1 with deejay Deb. 874-9770.  
**Zoots**, 31 Forest Ave, Portland. Wed: chem-free; Thu: cutting edge dance; Fri: live national acts; Sat: deejay till 2:30 am, live at The Cave; Sun: request night. 773-8187.



## CONCERTS

### THURSDAY 4.23

**Alison Ale and guest artists** (baroque) 8 pm, Olin Arts Concert Hall, Bates College, Lewiston. Music by Bach, Beethoven, Martinu and others. Free. 786-6330.  
**USM Opera Workshop** (opera) 8 pm, Corbett Concert Hall, USM Gorham. Tix: \$3 public, \$1 students & seniors. 780-5256.

### FRIDAY 4.24

**Festival of New American Music** (sundry) Three days of music and fun scheduled April 24-26 at Bates College, Lewiston. Free admission to concerts. 786-6139.  
**Flor de Caña & Fortaleza** (pan-American rhythms) 8 pm, Lewiston Junior High School, Lewiston. Tix: \$12. 782-7228.  
**USM Jazz Ensemble & USM Improvisers Orchestra** (swing & bebop) 8 pm, Corbett Concert Hall, University of Southern Maine, Gorham. Tix: \$3 public, \$1 students. 780-5555.

### SATURDAY 4.25

**Sparky & Rhonda Rucker** (folk) 8 pm, The Chocolate Church, 804 Washington St, Bath. Tix: \$8 advance, \$10 door. 729-3185.  
**Spring Jazz Week Festival** (jazz) Five days of concerts with UMA students & faculty April 25-29 at Jewett Hall Auditorium, University of Maine, Augusta. Free admission. 621-3274.

### SUNDAY 4.26

**Boston Gay Men's Chorus** (choral) 3 pm, First Parish Church, 425 Congress St, Portland. Tix: \$10. 773-6366.  
**Bowdoin Chamber Choir** (choral & Latin American) 3 pm, Bowdoin College Chapel, Brunswick. 725-3201.  
**The Community Orchestra of PSO** (classical) 4 pm, State Street Church, 159 State St, Portland. Featuring Carrie Calafano, Gabrovsky's "Allegro in a Minor", Mozart's Piano Concerto No. 27, works by Gluck, Delius, Barlow and Tchaikovsky. Tix: \$5, \$3. 883-2460.  
**Jazz Festival** (jazz) 1 pm, The Chocolate Church, 804 Washington St, Bath. Features Bellamy Jazz Band, Noel Koletsky's quintet, Melissa Hamilton's trio, Al Corey's Big Band. Tix: \$15-\$10. 729-7152.  
**Michael Katz & Keith Crook** (potpourri) 3 pm, Xavier Hall, Saint Joseph's College, Standish. Tix: \$5, \$3.50 children & seniors. 892-6766.  
**Queen Ida & The Bon Temps Zydeco Band** (cajun & creole) 7 pm, Zoots, 31 Forest Ave, Portland. Tix: \$10 advance, \$12 door. 773-8187.  
**USM Concert Band & Wind Ensemble** (potpourri) 3 pm, Corbett Concert Hall, USM Gorham. Tix: \$3 public, \$1 students & seniors. 780-5256.

### TUESDAY 4.28

**Janina Fialkowska with the PSO** (piano soloist) 7:30 pm, Portland City Hall Auditorium, 30 Myrtle St, Portland. Liszt's Piano concerto No. 2, Mahler's Symphony No. 1 "Titan". Tix: \$28-\$10. 773-8191.

### UPCOMING

**Paul Cornell** 5/2/92 (instrumentalist) 8 pm, St. Luke's Cathedral, 143 State St, Portland. Tix: \$8 advance, \$9 door. 775-1637.  
**Gordon Bok & Dave Maillet** 5/2/92 (shanties & cantabables) 8 pm, First Parish Church, 425 Congress St, Portland. Tix: \$10 advance, \$12 door. 781-2330.

## Undead composers stalk the halls of Bates College

For musicians, few roles seem more risky or marginal than that of composer. People who identify themselves as such in public places often draw funny looks; composers are supposed to be dead people, like Francis Scott Key or Ludwig van Beethoven — musical corpses, plaster busts. These days, we are more familiar with "songwriters" — like Madonna. Now, there's a genius.  
However, there really are some composers making a "living" out there — the Undead, you might call them, or the Unplaster Unbusts — and a whole slew of them will be on hand for the Festival of New American Music, April 24-26, at Bates College. I had a brief chat with festival organizer Bill Matthews, who is a founding member of the Maine Composers Forum. A portion of that conversation appears below.

WDC: How big is this thing?  
BM: We have about 40 composers coming to Bates for a weekend of concerts and panel discussions and lectures.

WDC: Just composers?  
BM: No. For instance, Kyle Gann, music critic from the *Village Voice*, will be talking about number theory in experimental American music, and Jonathan Kramer, who is in charge of the composition program at Columbia University, will be talking about postmodernism in music composition.

WDC: Sounds heavy-duty. What sort of music will you have on tap?

BM: The music covers the complete range of contemporary American music, from progressive and avant-garde to very traditional styles. (Dartmouth professor) Jon Appleton will be performing a piece for radio baton and electronics, and a fellow named Larry Polansky will be playing a piece on electric guitar. His music is heavily influenced by rock 'n' roll and by the electric guitar tradition since the 1960s. Those guys represent the computer and electric end. At the other extreme, we have a composition by a guy named Allen Brings, which is a very traditional sonata for clarinet and piano.

WDC: It's hard to believe that we're sitting here talking about the "guitar tradition."  
BM: (Laughs.) Well, it's pretty well established at this point.

WDC: You're damn right it is. So what does this festival mean to the composers?

BM: Composers like to get together, play music, talk about music, listen to music by other people, drink, and generally have a good time. It's a professional conference of composers. It's also a chance for students at Bates and people in the greater Maine community to hear a lot of contemporary American music they wouldn't otherwise hear. It's a chance for the public to hear what American composers are doing these days — composers in this region in particular: from Maine, New Hampshire, Connecticut, Vermont and New York.

WDC: A lot of people don't want to know what modern composers are up to these days. There was a time there when most new concert music had no correlative in the audience's emotional experience. You had to have a professional reason for listening to it and a degree in music theory to follow it. You had to be a composer of new music yourself to like it. What's the world of "new music" like now?

BM: I think we've moved beyond the stage where the most common compositional language was very dissonant and very avant-garde. A lot of composers have returned to use traditional harmonies and melodies and have much more accessible techniques in their music. Composers didn't like being alienated from audiences just as much as audiences didn't like being alienated from their composers. Looking at the music we're going to be playing, I'd have to characterize a lot of it as being very accessible — not hard to handle at all. We have our fair share of wild and crazy stuff, but even the wild and crazy stuff seems to want to be likeable, if you know what I mean. We find a lot of pieces with humor in them, and I don't think that would have been true in the '60s and '70s, necessarily.

WDC: Does this festival feature any compositions built around "world music"?

BM: Yes. One of the special conference events that we're having is a video tape documentary on Indonesian musicians from Bali by Jody Diamond, who teaches at Dartmouth. One of the pieces we'll be hearing is influenced by Native American music and makes use of an Apache hymn. We have another piece with African drums in it. It's hard to come up with a genre for this, but most people will think that it's classical music.

WDC: Sure they will. If not now, then much, much later.

All events and concerts are free and open to the public. For more information and a complete schedule, call Bates College at 786-6330.

W.D. Cutlip

**Doug Lewis & Deb Sawyer** 5/3/92 (folk) 12 pm, Lower Village, 175 Port Road, Kennebunk. Tix: \$5 advance, \$6 door. 967-8514.

**Jessica James** 5/6/92 (rock & country) 1 pm, Jewish Community Center, 57 Ashmont St, Portland. Tix: \$6. 772-1959.

**Northeast Winds** 5/8/92 (ballads & sea shanties) 7:30 pm, Saint Bartholomew's Church, 8 Two Lights Road, Cape Elizabeth. 773-6380.

**Kate Clinton with Diana Hansen and Plide Lauer** 5/9/92 (comedy) 8 pm, First Parish Church, 425 Congress St, Portland. Tix: \$14 door, \$12.50 advance. 247-3461.

**Schooner Fare** 5/10/92 (folk & shanties) 3 pm, Michels E. I. B. Center, Larrabee Road, Exit 8, Portland. Tix: \$12. 772-2701.

Continued on page 30

## SWAP SALE

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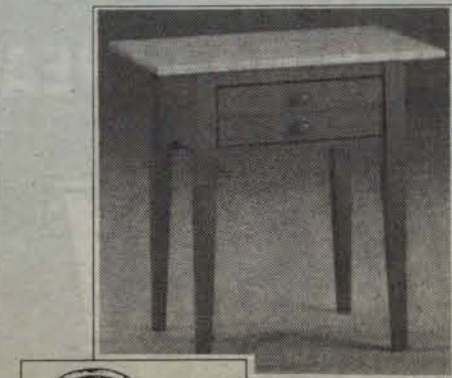
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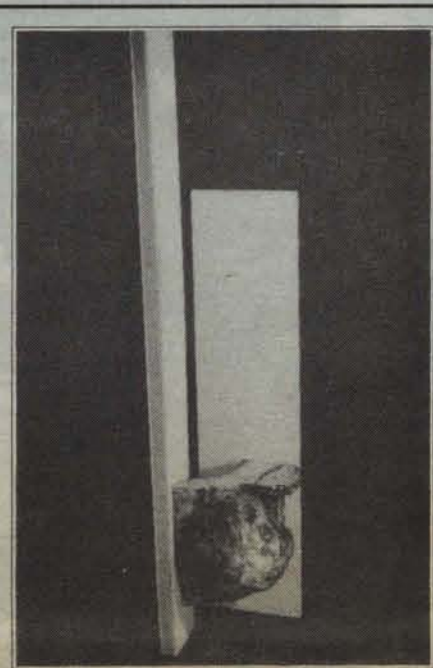
## JAZZ FESTIVAL '92

Al Corey Big Band  
Bellamy Jazz Band  
Melissa Hamilton Quartet  
Kaletsky-Philbrick  
Havenstein Five

April 26, 1:00 p.m.  
Chocolate Church, Bath, Maine  
The Mid-Coast Jazz Society

Tickets Available At: Macbeans Music, Brunswick  
Amadeus, Portland  
The Chocolate Church, Bath

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Call The Chocolate Church, Tel: 442-8455



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Morgan Creek Recording stars **LEGION Lounge Actors 35**

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## Entertainment Weekly

Continued from page 28

## ART OPENING

**12 Pine Street**  
Apt. #1, Portland. Opening reception April 24 from 6-9:30 pm for "The Shroud Series and Other Happenings," an exhibit highlighting Peter Herley's recent mixed medium paintings. On view through May 1. Hours: by appointment only. 775-0712.

## AROUND TOWN

**Alberta's**  
21 Pleasant St., Portland. 3 Views Gallery is curating a series of shows appearing at Planets and Alberta's restaurants. Featuring local artists, the shows range from the polite to the outrageous and highlight the verve of local talent. Alberta's will showcase the paintings of Paul Hollingsworth through May 3. Gallery hours: Sun-Sat 5-10. 774-0016.

**Art Gallery**  
University of Southern Maine, Gorham. Annual juried student exhibition on view through April 30. Gallery hours: Sun-Thurs 1-4. 772-2070.

**The Art Gallery**  
6 Deering Street, Portland. Two one-person shows: Timothy Parks of Portland and Lynne Drexler of Monhegan Island. Pastel paintings by Parks and oils by Drexler will be on view through April 25. Gallery hours: Tues-Sat 11-5. The first two weeks of the month; the remainder by chance or appointment. 772-9605.

**Art Gallery at the Phoenix**  
630 Forest Ave., Portland. "Spring Exhibit-Seven Artists," featuring the mixed media works of Al Waterman, Carlo Pittore, Chris Newcomb, Tom Behon, Jeff Peron and Giovina Ferrante. Showing through May 23. Gallery hours: Thurs-Sat 10-5. Tues-Wed by appointment. 774-4154.



**The Baxter Gallery**  
Portland School of Art, 619 Congress St., Portland. "As Seen By Both Sides: The Vietnam Experience in the Work of American and Vietnamese Artists," an exhibit by artists from both countries and the first Vietnamese art in the United States since the Vietnam War. Showing through May 3. Gallery hours: Tues-Sun 11-4, Thurs 11-9. 775-3052.

**Congress Square Gallery**  
42 Exchange St., Portland. Gallery artists including Rob Pollen, Ellen Gutkunst, Paul Niemiec - exhibit their work. Gallery hours: Mon-Sat 10:30-5. 774-3369.

**Creator's Guild**  
81 Ocean St., S. Portland. Featuring Gerda Andersen's prints, etchings, oils and mixed media. Showing through May 7. Gallery hours: Wed-Sat 12-5. 774-0652.

**The Danforth Gallery**  
34 Danforth St., Portland. "On the Deckle Edge: Handmade Paper Arts in Maine," an exhibit featuring two- and three-dimensional handmade paper artworks of Patti Mayhew Bain, Martha Blower, Marianna Casagrande, Kate Fairchild, Randy Fein, Georgann Kuhl, Richard Lee, Katie MacGregor, Jennifer Morrow Wilson, Quint-Rose, Nancy Bell Scott, Bernice Vanzani and Earl F. Weeks. On view through April 23. Gallery hours: Fri-Sun 11-4. 646-8194.

**Elena's Cafe**  
606 Congress St., Portland. Still lifes by Al Waterman. Showing through May 31. Open weekdays & Sunday 6-10.

## Frost Gully Gallery

411 Congress St., Portland. Group exhibition featuring the works of all gallery artists, including oils, watercolor, pastels, and sculpture in a wide range of styles and subjects by Delavipcar, DeWitt-Hardy, Eric Green, Laurence Sisson, Alfred Chadbourne, Martha Groome, Sharon Yates, Cabot Lyford and John Laurent. Gallery hours: Mon-Fri 12-6, or by appointment. 773-2555.

**Greenhut Galleries**  
146 Middle St., Portland. "The Re-Opening," paintings and sculpture by Maury Colton, Jeff Peters, Jim Wilkinson, Mike Mailby, Noriko Sakamishi & Guy Williams. Gallery hours: Mon-Fri 10-5:30, Sat 11-5. 772-2693.

**Husson College South**  
222 St. John St., Suite 240, Portland. Oil paintings by artist/teacher Helene Poulin throughout April. Gallery hours: Tues-Fri 10-2. 774-2865.

**Just Me**  
490 Congress St., Portland. Oil paintings by Al Waterman and watercolors by Frieda Lundberg. On view throughout April. Gallery hours: Mon-Fri 10-5, Sat 10-4:30. 797-9450.

**The Photo Gallery**  
Portland School of Art, 619 Congress St., Portland. "Photographs by Bob Kelly." On view through May 2. Gallery hours: Mon-Thurs 9-9, Fri 9-5, Sun 11-4. 775-3052.

**Photography Co-op**  
547A Congress St., Portland. Jerry Slota exhibits "Parade Scenes & Polaroid Stories." On view through May 2. Gallery hours: by appointment. 775-1741.

**The Pine Tree Shop & Bayview Gallery**  
75 Market St., Portland. Exhibition of new works by realist landscape painter Scott Moore. Through May 30. Gallery hours: Mon-Sat 10-6. 773-3007.

**Planets**  
27 Forest Ave., Portland. "Emotions Surfacing," an exhibit of Alexandra Bachman's abstract expressionist works curated by 3 Views Gallery. On view through May 3. Gallery hours: Tues-Sat 5-1. 828-0112.

**Portland Museum of Art**  
Seven Congress Square, Portland. Hours: Tues, Wed, Fri & Sat 10-5, Thurs 10-9, Sun 12-5. Admission: adults \$3.50, senior citizens and students with ID \$2.50, children under 18 \$1, group rate \$3. Museum admission is free 10-noon Saturday. 773-2787.

**Artists in Line: Al Hirschfeld Retrospective**  
An exhibition of 67 etchings, lithographs and original drawings chronicling stage, screen and television during Hirschfeld's long career as a caricaturist for *The New York Times*. Through May 24.

**Contemporary Visions**  
Nine artists from the museum's American collection interpret landscape with styles ranging from realism to abstraction. Featured artists from Maine and around the nation include Reuben Tam, Lisa Allen, William Keimbusch and Alison Hildreth. Showing through May 24.

**The Flower Show**  
A full floral bouquet of painting, sculpture and photography by such artists as Beverly Hallam, Alex Katz, Ellsworth Kelly, Robert Mapplethorpe, John Cage and Nancy Graves. Through June 14.

**The Holocaust**  
Contemporary American sculptor George Segal has distilled the meaning of this atrocity in a life-size composition of haunting white plaster figures. On view through Oct 18.

**The Stein Gallery**  
20 Milk St., Portland. Robert Wilson's multifaceted sculptural works. Through May 30. Gallery hours: Mon-Fri 11-6, Sat 12-5, Sun 11-4. 772-9072.

**Sun Gallery**  
496 Congress St., Portland. Estelle Roberge's paintings and Joan Uraneck's paintings and sculptures. Showing through April 25. Gallery hours: Wed-Sat 11-6, or by appointment. 773-8816.

**Thos. Moser Cabinetmakers**  
415 Cumberland Ave., Portland. A traditional rug hooking exhibition. Showing through May 8. Gallery hours: Mon-Sat 9-5. 774-3791.

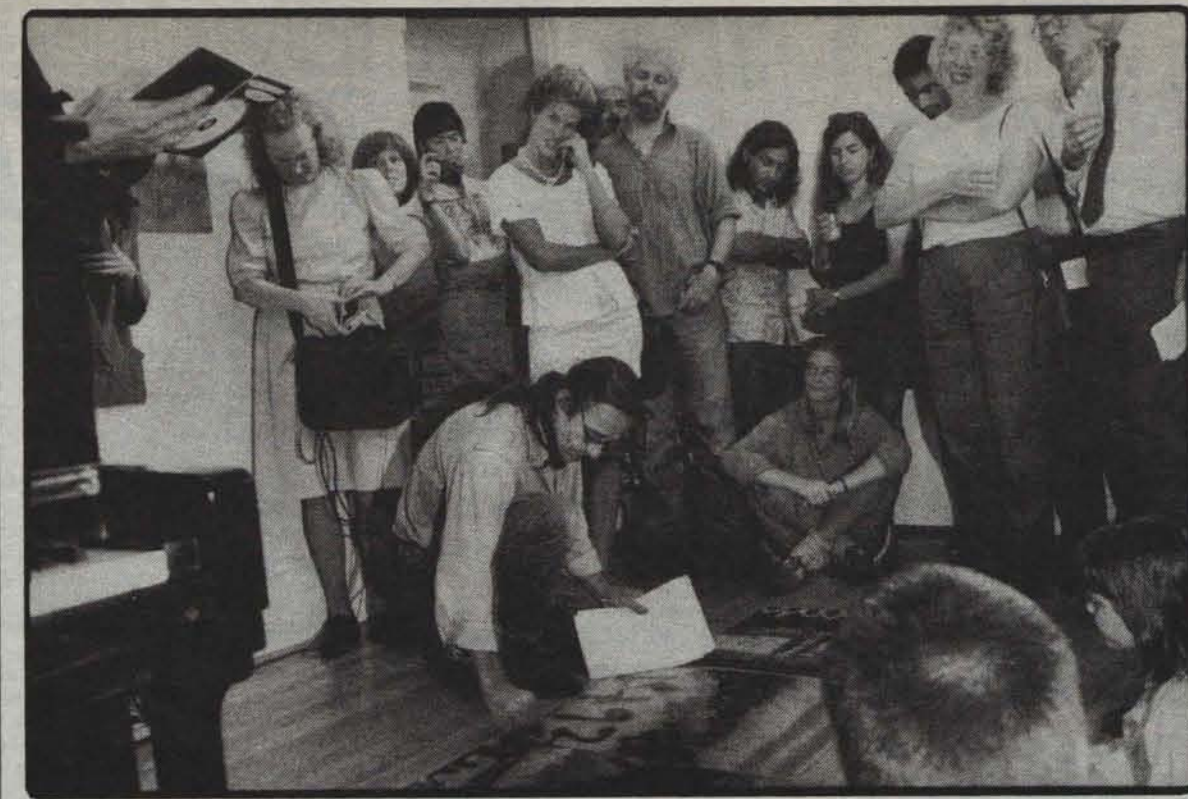
**3 Views Gallery**  
112 High St., Portland. A 10-year retrospective of Matt Donahue's works. Through April 26. Gallery hours: Fri & Sat 9-5, Sun 12-5. 772-1961.

## OUT OF TOWN

**Bowdoin College Museum of Art**  
Walker Art Building, Bowdoin College, Brunswick. The museum is open to the public free of charge. Hours: Tues-Sat 10-5, Sun 2-5. 725-3275.

**James Charles Roy**  
An exhibit of photographs from the Celtic-Christian Irish islands of Inishmurray and Inishkeel North and Scottish Iona. In the Hawthorne-Longfellow Library. Showing through the end of May. 725-3253.

**Continued on page 32**



Artists James Koller (center) paints as Franco Beltrametti (left) reads poetry in a collaborative, live performance at Dean Velentgas Gallery in August 1989. The gallery drew artists and art lovers together, and created a psychological atmosphere where art really happened for both.

## Who's left? Dean Velentgas Gallery closes

Portland's Dean Velentgas Gallery celebrated its fifth anniversary on Jan. 10 of this year with a gala celebration. The celebration was an art opening, but unlike most openings, it was by invitation only. There were 17 pieces in the show, one by each artist the gallery represents. There were balloons and more-than-usually elegant food, and a free print by Larry Hayden given away to the first hundred people to come through the door. In all, over 300 people attended.

This celebration was held not only to mark the gallery's anniversary, but to thank the 17 artists who make up its stable, as well as past patrons

and friends of the gallery. For this celebration also acknowledged the fact that in mid-summer, after two more shows, the Velentgas Gallery will close.

The closing of this gallery is the fifth major gallery closing in Greater Portland in the last year.

Dean Velentgas, a Portland native and UNUM executive, said that the economy was responsible for his closing. He said that he had scheduled shows for the entire year to come, but would only be able to present two more. "And I'm going to lose money on those as it is," he conceded ruefully.

Velentgas bought his first piece of art in 1981. "It was a crazy cartoon-like piece by Billie Bowman," said Hayden, who designed and installed most of the gallery's exhibitions, and who was one of the first artists to be represented there. "That purchase was like Dean's awakening. Here he was, working at an insurance firm, and he had never bought a piece of art in his life. This one was really off-the-wall; it had speedboats coming out of a table cloth. Dean really liked it."

Inspired by his first adventure in art-buying, Velentgas went on to collect vigorously throughout the '80s. He bought early pieces by Donna Evans, Anne Gresinger, Mary Hart and Marjorie Moore. "Some of the works he bought were rough and unfinished," Hayden said, "but they were bursting with energy. He liked evidence of raw creativity."

Velentgas opened the gallery in January of 1987, and earned the respect of artists by

daring to show what he liked. The gallery was generally regarded among artists as "an artist's gallery" — one where the artist felt that he and his work were respected. "There was never a financial or commercial consideration when Dean was putting together a show," Hayden said. "He never worried about whether the work would sell or not. His only consideration was the work itself — how best to present it."

Velentgas' refusal to pander to popular taste also gained the respect of other Portland gallery owners. "He was the most avant-garde of all the Portland galleries," said Betsy Evans, owner of the Evans Gallery, which closed in June. "He had a minimalist aesthetic that none of the other galleries represented. And there was a quiet strength to every show he had."

Annette Elowitch of the Barridoff Galleries, which closed its Free Street doors in April agreed. "Dean had a fabulous eye," she said. "Of all of us, he was the one who took the risks. He showed the best of the non-traditional artists." In his risk-taking, Velentgas was a true patron of the arts.

Apart from his risk-taking with young artists, however, there was another art side to Dean Velentgas. He also amassed a serious collection of prints in the '80s by New York artists like Jim Dyne, Brian Hunt and various artists associated with the Vinalhaven Press. Velentgas' second show was a collection of his own prints and those of Bruce Brown, director of Maine Coast Artists in Rockport. He also held an annual Vinalhaven Press show.

Both gallery owners expressed surprise that the Velentgas would close. "I thought he had it down pat," said Elowitch. "I thought he was going to be the one who would hang in," Evans agreed. "Of all of us, he seemed to be the one who had figured out the formula for surviving through the rough times."

The closing of the Velentgas is the closing not only of the last major gallery in the area — save Frost Gully Gallery — it is also the loss of a popular gathering place for artists, poets, and art lovers. "There's nothing left now," said Evans. Annette Elowitch sounded an echo: "There's no place left now," she said. "It is a real loss."

Margot Brown McWilliams

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- **SEBAGO MAGAZINE:** International Trade (1/2 hr)
- **USM CLOSURES:** (1/2 hr)
- **OPEN SPACES LECTURE:** James Phinney Baxter; A Green Legacy in Portland. (1 hr)

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## Entertainment Weekly

Continued from page 31

## ART

**\*Holocaust: The Presence of the Past**  
An exhibition by Maine artist Judy Ellis  
Glickman featuring black & white photo-  
graphs of sites connected to the Holo-  
caust: concentration camps, graveyards,  
memorials. On view through May 31.

**\*The Poetry of Color: Woodblock Prints**  
by Margaret J. Patterson  
Flower and landscape color woodcuts in  
the style of the Provincetown Printers  
who introduced Japanese methods and  
worked with vivid French inks. Prints fin-  
ished during the interwar period. Show-  
ing April 28 through June 14.

**\*The Presence of Women**  
An exhibition of paintings, pastels, prints  
and photographs from the permanent  
collections celebrating women as artists  
and patrons. On view through June 28.

**Cry of the Loon Art Gallery**  
Route 302, S. Casco, "Three Maine Ar-  
tists": Evelyn Winter's paintings, Milton  
Christianson's watercolors and Gary  
Ambrose's sculptures. On view through  
June 14. Gallery hours: Tues-Sun 9:30-  
5:30. 655-5000.

**Elements Gallery**  
19 Mason St., Brunswick. Gallery  
hours: Tues-Thurs 10-4, Fri & Sat 10-  
5. 729-1108.

**\*Wildlife**  
Sculpture and wall pieces by 12 artists,  
realist to conceptual: Larry Fungen, David  
Smus, Timothy Fisher, Elizabeth Shuman,  
Richard Lewis, John Bryan, Albert  
Croston, John Gingrow, Peggy Clark  
Lumpkins, David Pollock, Sandra Stanton  
and Ava Tevis. In the mini-gallery, recent oil  
paintings by Diane DeGrasse, from a se-  
ries inspired by old Maine family photo-  
graphs. On view through May 2.

**Art Event**  
Organized by LA Arts, this two-week ex-  
hibition of dozens of Maine artists working in  
a wide range of media culminates in an  
auction on May 16, from 5-9 pm. May 2  
through May 16 at Lewiston/Auburn Col-  
lege, Lewiston, Me. \$15 advance, \$18  
door. For tickets or more information, call  
782-7228.

**Career Skills Seminar**  
One-day seminar open to all artists seek-  
ing to make sense of a constantly chang-  
ing environment, commercial and other-  
wise. Speakers will be Carol Sederstrom,  
David Weinstock, Lu Bauer and Linda  
Cross Godfrey. April 26 from 9-4:30 in  
Baxter Auditorium, 619 Congress St., Port-  
land. Cost: \$35 members, \$45 others.  
Call 548-9943 for details.

**Just Flower Show**  
Artists should deliver their work related to  
the floral theme no later than April 28 at  
The Center for the Arts at The Chocolate  
Church, 804 Washington St., Bath. Open  
to all media except photography. Fee:  
\$10 three pieces by non-Bath Garden  
Club members, \$8 for two, \$5 for one. For  
further info call 371-2697.

**1992 Maine Festival**  
All Maine artists are invited to submit  
proposals to participate in the Sculpture  
Park and in the Billboard Paintings. A  
proposal with appropriate support mate-  
rials must be submitted by May 1. Se-  
lected sculptors will receive up to \$200  
for transport and installation expenses;  
billboard artists \$165 for paint and a 9' x  
12' white canvas. For more details re-  
garding requirements and procedures,  
contact: Maine Arts, Inc., 582 Congress  
St., Portland, ME 04101.

**USM Art Sale & Exhibit**  
To help benefit the USM Association of  
Visual Artists, April 26 from 9-3 pm in  
USM Gym, Falmouth Street, Portland.  
For more info call 772-3992.

**Very Special Arts Maine**  
Goal of upcoming conference is to pro-  
vide workshop experience which will ex-  
plore innovative art practices for students  
& adults with a wide array of strengths  
and constraints. May 2 at the Fred P. Hall  
School in Portland. For more info call  
761-3661.



## SENSE

**Author Reading**  
Patricia Gember, author of "Hottest  
Water in Chicago," will read from her  
latest collection of autobiographical es-  
says on May 6 at 7:30 pm at Raffles Cafe  
Bookstore, 555 Congress St., Portland.  
Call 761-3930 for more info.

**Bowdoin Celebrates Co-education**  
with readings, talks and movies. Upcom-  
ing activities: lecture by Jamaica Kincaid,  
April 23; film "Dry Kisses Only," April 27.  
Nearly all events start at 7:30 pm and are  
held at the college's Kresge Auditorium,  
Brunswick. For more info and confirma-  
tions, call 725-3620.

**\*Campaigning Through Eyes of the  
Media**  
Public forum April 29 at 6 pm covering  
issues such as the media's criteria for  
reporting campaigns and the time spent  
on candidates, ethics, election ads and  
exit polls; issues vs. human interest sto-  
ries. Speakers will be Felicia Knight, Sandy  
Maisei, Lou Ureneck and MC Jana  
Lapoint. Reservations must be received by  
April 24. The forum will be held in the  
Holiday Inn, 88 Spring St., Portland. Call  
774-3289 for more.

**Effective Communication**  
Spring session gives practical and useful  
"how to" info and instruction for advertis-  
ing pros, small business owners and stu-  
dents. Upcoming: "Computer Design  
Made Easy," April 28; "How to Develop  
New Business for Your Professional Prac-  
tice," May 5. All seminars held from 6-9  
pm at the Moot Court Room of the Uni-  
versity of Maine Law School, Portland. Cost:  
\$15-\$8. For further info call 799-2599.

**Film Series on the Holocaust**  
Upcoming: "The Story of Chaim  
Runkowski and the Jews of Lodz," April  
23; "The Warsaw Ghetto," April 28; "Weap-  
ons of the Spirit," April 30. All films start at  
4 pm and are shown in Beam Classroom,  
Visual Arts Center, Bowdoin College,  
Brunswick. Free. For further information  
call 725-3275.

**Gay Lesbian Bisexual Awareness Week  
Lecture Series**  
Titled "The Holocaust-A Retrospective:  
Stereotyping and Stigma of Minorities,"  
the series consists of 21 events, including  
lectures, discussions, readings, meetings  
and forums scheduled through April 23  
primarily at USM Portland's Campus Cen-  
ter. Free and open to all. For more info call  
874-6596.

## OTHER

**\*Art and Commerce: The Influence of  
the Market on the Mind**  
As part of PSA's Liberal Arts Lecture  
Series, a symposium—with painter Abby  
Shah, special effects artist Nelson Lowry,  
C. David Thomas, art professor at  
Emmanuel College, Anita Douthat, cur-  
ator of Boston's Photographic Resource  
Center—is scheduled for April 23. This  
event is free and takes place in The Baxter  
Bldg, 619 Congress St., Portland. For fur-  
ther info call 775-3052.

### Homeownership for the '90s

is the topic of the final public seminar  
presented by Greater Portland Landmarks  
April 25, from 9-11:30 am, in Key Bank's  
Phoenix Room, 1 Canal Plaza, Portland.  
Valuable advice offered for prospective  
buyers and owners of newer homes. Sem-  
inars are free. Home Inspector Brian  
Rollins, Landmarks' Advisory Service  
member Linda Griffin and mortgage offi-  
cer Doug Smith are guest speakers in the  
first program. Call 774-5561 for more  
information.

**"Is the Current Middle East 'Peace  
Process' Relevant to Peace?"**  
Gene Burns will speak as part of Great  
Decisions '92 Series April 24 at 8:15 pm in  
Parish Hall, St. Luke's Cathedral, 143  
State St., Portland. Admission: \$5 public,  
\$1 students, free for USM faculty, mem-  
bers of the World Affairs Council and  
parishioners. Call 780-4551 for details.

**Land Trust Conference**  
will deal with how communities can pro-  
tect significant open spaces. Workshops  
on such topics as community trails; farm,  
forest and waterfront protection; environ-  
mental laws; and land stewardship. Key-  
note speaker is Tom Bradbury. Advance  
registration recommended for this event  
scheduled for May 2, from 8:30 am-4:30  
pm at Bowdoin College, Brunswick. Fee:  
\$20, \$25. For more info call 729-7366.

**Maine Animal Coalition Workshop**  
will explore alternatives to animal testing  
in the cosmetics and medical industries.  
Geri Vestein of the New England Anti-  
Vivisection Society will be the guest  
speaker April 26, from 1-5 pm in the  
Tennis of Maine, Route 1, Falmouth. Call  
781-7170 for more info.

**Maritime History Symposium**  
A number of lectures are scheduled for  
this three-day event. James W. Hunt will  
talk on "Boothbay Harbor's World War I  
Shipbuilding Boom and Its Aftermath";  
Edwin A. Churchill on "On a Most Distant  
Shore: Early Fishermen Along the Maine  
Coast, 1600-1640"; Robert Grenier on  
"The Importance of North Atlantic Sea-  
faring Activity Prior to and After Columbus'  
Discoveries, with a Focus on 16th Cen-  
tury Basque Whalers in Red Bay, Labra-  
dor"; Kenneth Martin on "He Knew What  
They Liked: The Maritime Folk Art by A.  
De Clerck"; David B. Clement on "Baring  
Brothers: A British Bank for Maine Ship-  
owners"; Capt. Douglas Lee on "The Re-  
construction of Plans for the Five-Masted  
Schooner Cora F. Cressy"; James P.  
Stevens on "Youthful Memories: Ma-  
chiascopical Schooners in the Twilight of  
Commercial Sail." May 1-3 at Maine Mar-  
itime Museum, 243 Washington St., Port-  
land. Cost: \$50, includes Sat lunch. To register  
call 443-1316.

**Planned Parenthood Professional  
Workshops on Sex**  
deal with how sexuality is inseparable  
from other social and psychological con-  
cerns and with the topics of relationship  
negotiation. "Sex Talk" April 29, from 9:30  
am-3:30 pm at a cost of \$75; "Sex Talk II"  
April 30, from 9-12:30 pm at a cost of \$40.  
For more info and to pre-register, call  
(802) 862-9638.

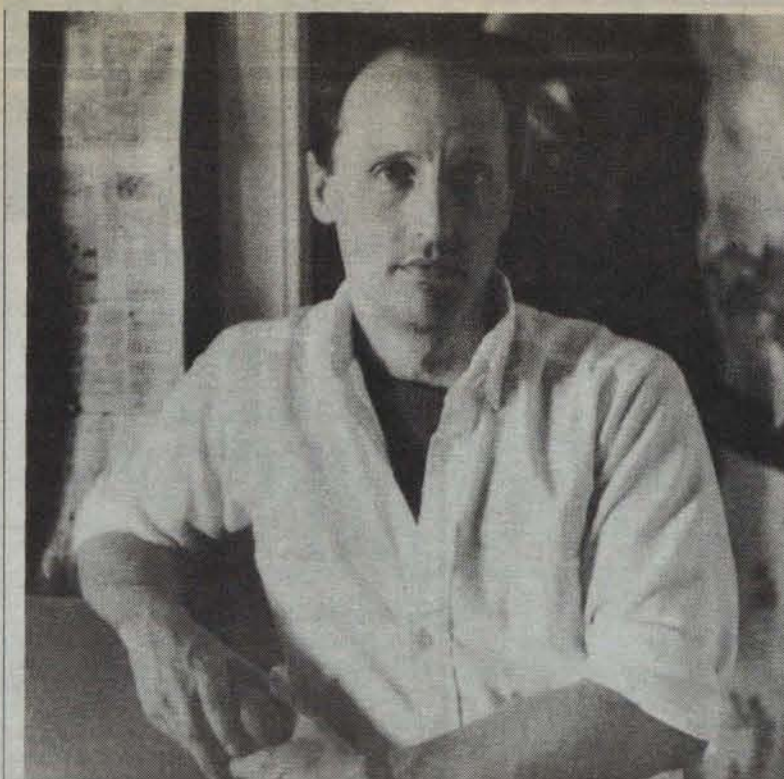
**Smith College Club Lecture**  
An evening with Jill Ker Conway, author of  
"The Road from Cooran," May 1 at 7 pm  
(when dinner starts) in the Portland Coun-  
try Club, Route 88, Falmouth. Proceeds  
benefit the college's scholarship fund.  
Cost: \$25. For reservations call 725-6057.

**Turning Memories into Memoirs: Life  
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Learn how to record family and personal  
history to create a lasting legacy. No  
writing experience necessary. Held every  
other Wed through June 3, from 1-4 pm at  
55 Plus, 6 Noble St., Brunswick. For fur-  
ther info call 729-0757.

**Writers' Festival at USM**  
takes place through April 25 at USM Port-  
land. Schedule of readings is as follows:  
John Pjewski & David Walker, April 23 at  
4:15 pm; Diane Benedict & Alfred DePew,  
April 23 at 7:30 pm; Dennis Gilbert &  
Monica Wood, April 24 at 4:15 pm; a  
panel discussion is scheduled for April 25  
at 3:30 pm; Mekeel McBride & Cathie  
Pelletier, April 25 at 7:30 pm. For info on  
places and to confirm, call 780-4291.

**Writers & Publishers Alliance**  
Workshops: "Journal Keeping," April 25,  
11 am-4 pm at Curtis Memorial Library,  
Pleasant St., Brunswick; and "Target Your  
Freelance Market," May 2, 10 am-3 pm at  
12 Pleasant St., Brunswick. Each costs  
\$30 members, \$35 others. Preregistra-  
tion required. To reserve a space please  
call 729-6333.

Continued on page 34



Alfred DePew.

Photo/Charles Melcher

## Portland writer Alfred DePew shows off his new shorts

Alfred DePew must have a wonderfully interesting job. He gets paid to teach budding artists and craftspeople about writing. His Portland School of Art students undoubtedly bring interesting perspectives to the task of descriptive writing; one senses that DePew the teacher constantly learns, and that his students inadvertently teach their teacher.

And what a teacher he must be. DePew's first collection of short stories shows a deft, precision hand limning the desperation—and the epiphany—of lives hanging from the apparently marginal (a drifter who becomes obsessed with reforming a store that sells pornographic materials) to the apparently glamorous (a female stage director and an actress, both renowned) to the tragicomic (a woman who reflects on the seven years she spent married to a professional clown).

Like some of the conjurers he writes about, DePew's narrative tone metamorphoses according to the material at hand. In the slightly preachy "Hurley"—about a fictional adult book and video store on Congress Street—it's surgically precise and sinister. In

"Rita and Maxine," it's wryly personal: when DePew writes of an English actress returning to America who "had forgotten how to use an American pay tele-  
phone. The money felt strange to her, too light and tinny; all the bills were the same size and color," his descriptive powers take on additional layers of richness. This detail creates insight into Maxine MacCaffrey's individual character and ruminates on money as metaphor for American society.

The stories themselves often transform internally, so that by their completion one feels a strong sense of passage, of having crossed some undefinable—but absolutely vital—boundary. In "Let Me Tell You How I Met My First Husband, the Clown," the narrator draws on an ineluctably sweet moment onstage with her soon-to-be husband, a young clown:

*I played with him. I took the heart he made, put my arm through it, pointed to my sleeve, put it on my head, wore it like a crown. It was like nothing I'd ever done onstage. I lost all awareness of myself and the audience, I felt light as air, full of shining beauty.*

Later—much later, after that marriage and several others have ended—she stands with her son watching a New York City street clown, and reflects back with the kind of bittersweet irony that can nourish some of life's richest moments:

*He might have seen what I now saw, that Danny was a sort of Ba'al Shem Tov with laughing children on his shoulders, a man whom God had put on this earth to show us the study of Talmud was not the only path, God could be worshipped by seeming to make forty-seven Ping-Pong balls appear out of nowhere, and the purpose of living was to make life—all of it—holy.... It's true, you know, the momentous things in our lives almost always have small beginnings.*

In "Rita and Maxine," two aging theater professionals meet for the first time in a darkened stage. Their duel is played out brilliantly by DePew, who creates a play-within-a-play: Isben's "A Doll's House" framing the personal struggle for respect, self-esteem and professional achievement in which the two women engage. DePew leaves their transformation less complete, more doubtful, but the characters are, again, achingly human.

DePew has said this may be his only book of fiction. Let's hope not.

Alfred DePew and Diane Benedict will read from their fiction Thurs-  
day, April 23 at 7:30 p.m. as part of USM's Celebrate Writers! in Luther  
Bonney Auditorium, USM Portland. Call 780-4291 for times of other  
readings.

Paul Karr

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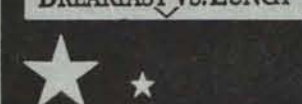
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Continued on page 36



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7 p.m. to 9 p.m. Sunday, April 26  
Portland Performing Arts Center  
25A Forest Ave., Portland

Questions for the candidates may be  
submitted at the debate or in advance.  
Send advance questions to:  
DEBATE QUESTION  
Casco Bay Weekly,  
551A Congress St.,  
Portland, ME 04101

Attendance is free



Democratic City Committee  
Republican City Committee



This debate will be broadcast live on WGAN-AM

## Entertainment Weekly

Continued from page 35

## FOR KIDS

### Kids' Night Out

The Portland YMCA is hosting this event for children in grades K-5, who will be able to participate in swimming, gym games, movies and stories, followed by a slumber party. Space is limited to 20 children, so pre-registration is compulsory. April 25-26, beginning at 6:30 pm. Cost: \$15 members, \$20 others, \$8 additional children. For further information call 874-1111.

### Kite Collage

April 23 & 28-30, from 10:30-11:15 am as well as 1-1:45 pm at the Children's Resource Center, Thompson's Point, Portland. Reservations compulsory. Cost: \$1. Call 773-3045 for more info and reservations.

### Kumon Math Center

provides an after-school math program for children and high-schoolers. Free diagnostic test administered, with advancement up to ability and interest. Open house April 26, from 4-6 pm at Central Square Baptist Church, 466 Stevens Ave., Portland. For further info call 879-0182.

### Planetarium Shows

Alligator in the Elevator, laser light concert, April 24; The Mars Show, facts and myths about the red planet, April 24. Showtimes are noon, 1 & 2 pm. Cost: \$3 adults, \$2.50 children & seniors. Additionally, a one-day workshop where children learn to make a star projector is scheduled for April 25, 9:30-noon. Cost: \$15. All activities held at the Southworth Planetarium in the Science Bldg, USM Portland, Falmouth Street. For reservations and more info, call 780-4249.

### PPL Children's Room

is lots of fun with: Family Story Time ages 3 and up, April 24 at 10:30 am; Movies, April 25 at 10:30 am; Preschool Story Time for 3-5 year olds, April 27 & 29 at 10:30 am; Finger Fun for Babies, April 29 at 9:30 am; Tales for Twos, May 1 at 10:30 am; Story Time for 3 years old and up, May 2 at 10:30 am. Five Monument Square, Portland. For more information call 871-1700.

### Riverton Library

offers Toddler Time for 1- to 2-year olds, including games, stories and songs, Wed at 10:30 am & Fri at 9:30 am; Preschool Story hour for ages 3 to 5, Fri at 10:30 am. The library is located at 1600 Forest Ave., Portland. For more information call 797-2915.

### Youth Indoor Soccer Program

at the Portland YMCA for children 6-11 years of age. Registration is ongoing. For more info call 874-1111.



## SPORT

### Aerobics

Pure and simple and cool. Saturdays at 9:30 am in the Police Bldg gym, 150 Middle St., Portland. Call 761-0168 for more information.

### Baseball for Men 30+

Portland's Senior Baseball League is now forming for the 1992 season. Call 773-0767 for more information.

### Golf Fit

A new 3-month program by USM/Lifeline combining weight training and cardiovascular exercises specifically aimed at strengthening "golfing" muscles. For more info and brochure, call 780-4170.

### Novice Volleyball Tournament

Geared to those with little volleyball experience. Prizes include T-shirts and restaurant gift certificates. May 3 at the University of Southern Maine's gym, 96 Falmouth St., Portland. To register, call 780-4170.

### Portland Rugby Club

welcomes new and old players alike to join them in experiencing this physical and fast-paced game. "Old Boys" (over 35 years old) also welcome. Practice on Tues & Thurs at 5:30 pm in the Fox Street Field, just off exit 7 of I-295 in Portland. For more info call 839-3861.

### Rolling & Seakayak Rescue Clinics

sponsored by Saco River Outfitters, run Saturday nights at a cost of \$40. Call Saco River Outfitters at 773-0910 for more information.

### Senior Fitness for Men & Women 55+

USM Lifeline offers classes Mondays, Wednesdays & Fridays from 10:30-11:15 am at the USM Portland campus gym on Falmouth Street. Program consists of progressive exercises. Registration is ongoing. Call 780-4170 for more info.

### Women's Rugby

The Portland women's rugby team has begun practices for the spring season and welcomes new players of all abilities and fitness levels. Wednesdays from 7:30-9 pm at Portland Police Station. Call 828-1213 for more.



## ETC

### ACT UP/Maine (AIDS Coalition To Unleash Power)

is a diverse group of activists committed to the use of nonviolent, direct action to end the AIDS crisis. Our goals include the establishment of a Maine AIDS Resource Center and the self-empowerment of People Living with AIDS. Meetings are open to the public and held every Monday from 7-9 pm at 72 Pine St., Portland (Andrews Square Building). New members are always welcome. Wheelchair accessible. For information, write to ACT UP/Maine, P.O. Box 5267, Portland 04101, tel. 774-5082 or 871-0959.

### ACT UP/Portland

Are you angry that people are dying because certain individuals in the federal and local government are ignoring the fact that we are in a health crisis — and that because of their ignorance, prejudice and fear nothing seems to be getting done? Join us. We are a progressive, grassroots organization of volunteers dedicated through non-violent direct action to ending the AIDS crisis by dispelling ignorance through education. By enlightening people we can initiate change. Open meetings are Sundays at 7 pm at the YWCA, 87 Spring Street, Portland. Wheelchair accessible. For more info call 774-8475.

### Adults Thinking About College

Westbrook College is sponsoring a series of events for this group, from open houses to career-oriented programs. Upcoming: Dental Hygiene: A Career Worth Exploring, April 27 from 6-9 pm; A New Start, April 29 & May 6. All gatherings held on the campus located on Stevens Avenue, Portland. For further info call 797-7261.

### African Dance Class

Casco Bay Movers School of Jazz and Tap Dance will host an afternoon of West African dance, taught by Lisa Newcomb, May 2 from 2-3:30 pm in the school, 151 St. John St., Portland. For registration and more info, call 871-1013.

### Air Show of the State of Maine

A limited number of staffing positions for concession booths are now available to off-base non-profit groups — show is planned for July 25-26 in Brunswick. Group leaders required to attend training session prior to event and all workers to be available July 24. The deadline for this opportunity is April 30. For further info call 921-2684.

### American Institute for Foreign Study Scholarship Foundation

is a non-profit organization which arranges 10-month high school/home experiences for teens from Europe, Asia and Latin America. You select the person that most closely matches your interests. Host families are awarded up to \$800 in scholarship funds for family members to use on AIFS study abroad. If you would like to become a host family, call 871-0682.

### American Red Cross Programs

The following courses are offered in the coming weeks: Babysitting Skills, April 25; Adult CPR Skills Training, April 27; Infant & Child CPR Skills, April 25, May 2; Child Care Provider, April 23, May 7, 14; Standard First Aid, throughout April; Instructor Candidate Training, April 23, 30. Advance registration is required. For times and places, call 874-1192.

### Amnesty International Human Rights Award Dinner

In recognition of Thesil Morlan, area coordinator, and featuring Diana Long, director of USM Women's Studies Program, dinner will take place April 28 at 6 pm in Keely the Katerer, 178 Warren Ave., Portland. Cost: \$15. For more information call 874-2351.

### April Amble Carnival and Road Race

Face-painting, games, crafts, road races and refreshments — the works! Carnival scheduled for April 25, beginning at 9 am (with a one-mile fun run for kiddos starts at 9:15 am) in Westbrook College Green, Stevens Avenue, Portland. For further info call 797-7261.

### Boating Club Auction

To benefit Maine Children's Cancer Program, garage-sale items are up for grabs on May 2, from 7-11 pm in the Windham Club, behind Road 302's Post Office, North Windham. Free admission. Call 797-9362 for further info.

### Casco Bay Greens

holds general business meetings on the fourth Sun of the month, regular education meetings on the second Wed of the month, and new member orientation meetings on the third Wed of the month. For more information call 781-5432 or 865-4351.

### Children's Museum Capital Campaign

Ground Round Restaurants will contribute 25 cents for every child eating there through April 27. For further info on pledging, call 797-5483.

### Craft Show & Sale

A number of designing women will be displaying fine and ceramic jewelry, pottery, brooches, paper arts, silk accessories, rare avis designs and decorative home accessories. April 25, from 10 am-5 pm on 102 Portland St. across from Portland's main post office on Forest Avenue.

### CROP Walk

is an annual walk sponsored by Church World Service and designed to raise money to fight hunger, locally and globally. Scheduled for May 3 in Portland and surrounding communities. For further info call 773-1918.

### Cumberland Motor Club

announces its season opener rally "April Open," scheduled for April 26 at 1 pm in Evergreen Plaza, Route 26, Gray. Fee: \$15 team/members, \$20 others. Call 729-5038 for more info.

### Dingo Unit for Parliamentarians

is open to anyone interested in parliamentary procedure. Meeting April 27 at 10 am. For more info call 883-2379.

### The Enriched Golden Age Center

invites men & women over 60 years of age to Wed luncheons. There will be a program about crime prevention for seniors on April 22. Birthdays celebrated April 29. Donation: \$2.50 for luncheons. Located on the ground floor of the Salvation Army Bldg. For reservations (mandatory) and more info, call 774-6974.

### Farm Tractor Safety Course

Designed for inexperienced drivers, young and old. Scheduled for four consecutive Thurs evenings, beginning April 23, at 6:30 pm in the Windham Community Center Annex off Route 202, Windham. Free. Call 780-4205 for more.

### Franco-American Conf. & Concert

An informal cultural caucus addressing issues relating to promotion of Franco-American cultural activity in Maine. Open forums, workshops, panel discussions and an evening concert scheduled for May 2 in Augusta. Fee: \$20, \$5 concert, \$3.50 seniors & children. To register call 772-9012.

### Freedom & Energy in Movement

A non-profit dance group meets Mondays at 6 pm in the Elm Street United Methodist Church, 168 Elm St., S. Portland. Children are welcome. Donations. For further info call 799-1902.

### "Gardening through the Seasons"

A program about herbs and perennials which includes a slide presentation and some hands-on time with plant samples. April 27 from 7-8:30 pm at Warren Memorial Library, 479 Main St., Westbrook. Call 854-5891 for additional info.

### Genealogical Society of Maine

meets the first Sat of every month at 1 pm in the Cape Elizabeth Fire station, Cape Elizabeth. Call 772-8103 for info.

### Heart's Delight Fashion Show

Featuring clothes for people with unique needs: Physical constraints such as arthritis, lack of mobility, or age, need not limit one from wearing a colorful, comfortable and durable wardrobe. April 26, from 2-4 pm, in the Huntington Common, 11 Ross Road, Kennebunk. Admission: \$15 includes food, champagne and musical entertainment. For more information call 985-2810.

### Indoor Rubber Powered Plane Fun Fly

Sponsored by Brunswick Area Modelers and Maine Model Club Association, this is the biggest indoor free flight event in Maine. The contest, open to all ages, is held April 25 from 8:30 am-noon in the Brunswick Recreation Center gymnasium, 30 Federal St., Brunswick. For more info call 725-5758.

### International Community Service Day

Families, friends and kids are asked to volunteer their time to help paint Pownall Elementary School, Pownall. May 2-3, from 9 am-5 pm. Lunch and materials provided. 772-1030.

### Jewish Community Center Events

include News Cruise for children 4/12 to 7/4, April 23, 8:45-11:30 am; Boston Sox vs. Texas Rangers for ages 7 & up, April 26, 9 am. All events take place or first meet at the center on 57 Ashmont St., Portland. However, the Sports Awards Banquet, honoring Steve Grogan, will take place May 3 (RSVP by April 27), at 5:30 pm at Temple Beth El, 400 Deering Ave., Portland. For more info & reservations, call 772-1959.

### Lightship Nantucket Maritime Courses

The non-profit organization that owns the lightship is offering four one-day courses for mariners: Piloting I (basic) on May 2; Seamanship I (basic) on May 9; Celestial Navigation I (basic) on May 16; and Electronic Navigation & Communications in order to narrow the gap between creativity and prosperity. May 2 at Down-East Village, Route 1, Yarmouth. Cost: \$25 members, \$35 others. Call 443-9990 for further info.

### Maine Media Women Annual Meeting

Two dynamic seminars will teach how to develop a confident image and improve communications in order to narrow the gap between creativity and prosperity. May 2 at Down-East Village, Route 1, Yarmouth. Cost: \$25 members, \$35 others. Call 443-9990 for further info.

### Master Class/Workshop Series

taught by The Theater Project. Forthcoming: Freeing the Natural Voice, April 25 at 10 am; Meisner Technique, May 8 at 10 am; Expressive Movement for the Actor, May 16 at 9:30 am. Cost: \$20 each, preregistration recommended. To reserve a place in one or more classes or for more details, call 729-8584.

### May Bazaar

on May 3, from 11 am-8 pm at Cathedral of the Immaculate Conception, Guild Hall, 317 Congress St., Portland. Call 774-8730 for further info.

### Merrymaking AIDS Support Services

MASS announces its next scheduled Buddy Training on April 22-25 & May 1-2, from 6-9 pm on Fri and 8 am-4:30 pm on Sat. A Buddy is a volunteer who gives a few hours each week being a friend and a support to a person HIV-positive or with AIDS. For further information call 725-4955.

### Names Project/AIDS Memorial Quilt

holds a panel-making workshop the first and third Sun of each month. For more info call 774-2198.

### Pizza Challenge and Dream Auction

to benefit the Children's Dream Factory of Maine, April 24 from 5:30-9 pm at the Holiday Inn by the Bay, 88 Spring St., Portland. Admission: \$5. For more info call 822-7113.

### Portland Ballet Company Fundraiser

includes dinner, auction of celebrity items, dance and one ticket to May 2 performance of the troupe (see STAGE). May 1, from 7-11:30 pm at The Portland Club, 156 State St., Portland. Cost: \$75. For further details, call 772-9671.

### Portland Folk Club Music Swaps

continue on the first & third Tues of every month, at 7:30 pm, in an informal setting where a song, tune or story may be shared. Swedenborgian Church, 302 Stevens Ave., Portland. For more details call 773-9549.

### Portland Tax Payers Association

will meet April 29 at 7 pm in Lincoln Middle School, 522 Stevens Ave., Portland. Call 773-8592 for more details.



## ATTENTION

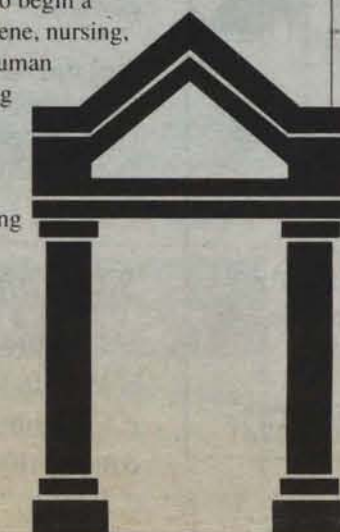
Thinking of a new career? At Westbrook College, we'll give you all the attention you need.

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We take advantage of our small size to provide all our students with the attention and guidance they require. At Westbrook College, you'll benefit from small classes and from professors, career counselors, and academic advisors who will know you personally. And because attending college can be especially difficult for adults, we offer flexible course hours, child care services, and financial aid opportunities.

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Upcoming Events for Adults  
Thinking About College

■ **A New Start: College & Careers**  
Wednesdays, April 29 & May 6, 7:00 pm - 9:00 pm, \$25 (for 2 sessions)  
Learn how to overcome those common adult fears about going to college - how to juggle your time, pay for your education, and succeed academically.

■ **Open House for Adults**—Bring the Family!  
Sunday, May 3, 1:00 pm - 4:00 pm, Free  
Your decision to go to college affects your entire family. We'll have special programs for them while you're learning more about career programs, financial aid and the personalized attention that makes Westbrook special.

■ **Identifying Your Learning Style**  
Wednesdays, May 13 & 20, 7:00 pm - 9:00 pm, \$25 (for 2 sessions)  
You'll use the Myers-Briggs Type Indicator, a user friendly self-assessment questionnaire, to determine how you learn most effectively.

Call us at 797-7261, ext. 225 to find out about Westbrook College and these events.

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Adult Services, Admissions Office  
Westbrook College, Stevens Avenue, Portland, Maine

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A fun filled bike tour offering cyclists the choice of 10, 25, 50, or 100 mile routes. The tour begins and ends at the Shawmut Inn in beautiful Kennebunkport. For more information call 1-800-870-8000

**FOX 5 WPXT-TV PORTLAND**

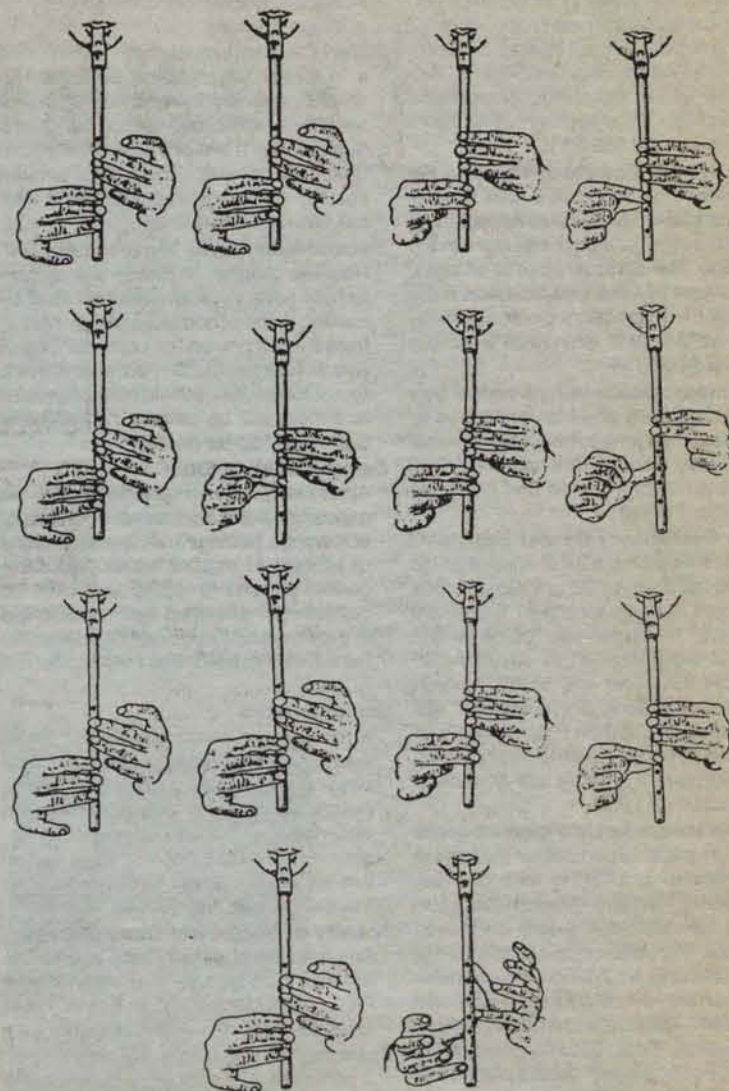
**Casco Bay Weekly**  
WE MAKE NEWS MATTER

**American Diabetes Association.**

## real puzzle By Don Rubin

### Hole notes

Can you identify the song we're playing on this recorder? We're playing the notes left to right, top to bottom, in the key of D.



Can you solve the Real Puzzle? There is a \$20 gift certificate from Alberta's for the first-prize winner. The second-prize winner receives two free passes to The Movies at Exchange Street. Winners will receive their prizes in the mail. Drawings are done at random. Contestants are ineligible to win more than one prize in a four-week span. Only one entry is allowed per person per week.

All entries for this week's puzzle must be received by Wednesday, April 29. The solution to this week's puzzle will appear in the May 7 issue of Casco Bay Weekly. Send your best guess to:

Real Puzzle #119  
Casco Bay Weekly  
551A Congress St.  
Portland, Maine 04101

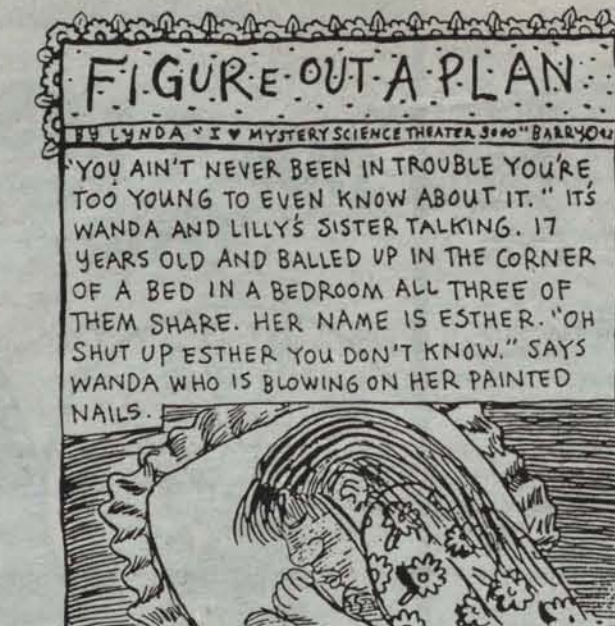
### Solution to Real Puzzle #117

- |                                  |                        |
|----------------------------------|------------------------|
| a 9 (A-10 Thunderbolt II, USA)   | i 3 (A-7 Corsair, USA) |
| b 11 (F-16 Fighting Falcon, USA) | j 6 (A-4 Skyhawk, USA) |
| c 1 (Lightning, UK)              | k 2 (Buccaneer, UK)    |
| d 8 (OV-10 Bronco, USA)          |                        |
| e 5 (F-104 Starfighter, USA)     |                        |
| f 7 (Fresco, USSR)               |                        |
| g 4 (OV-1 Mohawk, USA)           |                        |
| h 10 (Fitter, USSR)              |                        |

This week, Adam Taylor and a friend will dine at Alberta's. Ruth Clark and a friend will take in a movie at The Movies at Exchange Street.

(Don Rubin's book, BRAINSTORMS, was recently published by Harper and Row.)

## ernie pook By Lynda Barry



HER BOYFRIEND'S NAME IS JEFF AND I GUESS HE'S FREAKED. I GUESS ESTHER IS SITTING IN ONE MILLION DEGREE BATHTUBS. THAT'S SUPPOSED TO BRING YOUR PERIOD. I GUESS ESTHER IS SAYING ONE MILLION PRAYERS TO THE LORD, JESUS CHRIST, ST. ANTHONY, THE VIRGIN MARY, THE HOLY GHOST. I THINK SHE WOULD EVEN PRAY TO CASPER IF THAT COULD FIX IT.



"SHUT UP, I KNOW," SAYS ESTHER. "I KNOW." AND THEN SHE'S CRYING AGAIN. WE KEEP READING IN HEALTH THAT TEENAGERS GO CRAZY. I'M WATCHING ESTHER AND I'M THINKING SHE'S AN EXAMPLE BUT TURNS OUT I'M WRONG. BECAUSE GUESS WHAT? HAVE YOU EVER KNOWN ANYONE THAT GOT PREGNANT BEFORE?



SHE CHEWED OFF HER NAILS AND THE SKIN AROUND HER NAILS. LILLY GOT THE NEWS FROM ESTHER'S DIARY. SHE SHOWED ME THE PAGE WHERE ESTHER SAYS NO WAY CAN THIS HAPPEN, AND HOW BOTH HER PARENTS WILL KILL HER WHICH I BELIEVE IS TRUE. ESTHER IN A BALL OF COVERS IN THE CORNER OF THE BED. BITING ON HER FINGERS AND FIGURING OUT A PLAN. WHAT'S SHE GOING TO DO?



# Casco Bay Weekly Classifieds

CALL 775-6601 TO PLACE A CBW CLASSIFIED AD

## body & soul

**DEEP MUSCLE MASSAGE-** Karen Austen, M.A., L.M.T., Licensed Massage Therapist. Alleviate chronic backaches, headaches, neck and shoulder stiffness, sciatica, stress, improve flexibility, muscle tone, circulation, athletic performance. By appointment, 865-0672.

The art of being yourself. Mark Nakell, Psychotherapist, 773-4413.

**THERAPEUTIC MASSAGE:** Relax tired, aching, stiff muscles while improving circulation and soothing tension. Sliding scale. Call Pam Richards, A.B.M.P. Certified. 775-6636.

**WHARF RATS-LOOKING FOR DEAD-HEADS** in recovery to start a support group. Please, only Heads sincerely "dedicated" to their own recovery and growth and the support of others. 773-3865.

**TIED OF THE CONTRACEPTIVE BLUES?** The Cervical Cap is now available. FDA approved! Comfort, spontaneity, effectiveness. For information call Casco Bay Midwifery & Well Women's Care at 761-2058.

**MESSAGE THERAPY & BODYWORK.** Take some time to relax-the I.R.S. can wait! Tax resistors' special- \$5 off through April. Andrea E. Price, L.M.T., 871-0121.

**TRANSCENDENTAL MEDITATION-TM,** the most scientifically researched, effective technique to remove stress and to unfold full potential. Classes can be offered in your home. Call Don at 865-3467 for more information.

**INVEST IN THE FUTURE OF YOUR RELATIONSHIP.** Combining the needs of your heart with guided imagery and visual symbols we will help better understand the unique dynamic of your relationship. For information and appointments call HeartCenter at 799-8648.

**WOMAN-CENTERED HEALTH CARE-** WOMEN'S CHOICE-affordable and confidential annual exams, birth control, pregnancy testing, options counseling, STD screening & treatment. Respecting and protecting your most private decisions. 874-1099.

**PORTLAND SPIRITUALIST CHURCH-** All are welcome. Services Sundays, 7:30pm- worship, healing, messages from guest medium. Development Circle Fridays, 7:30pm. Now at 54 River Road, Windham. Info 878-8346.

**OVER 30 LESBIAN COUNSELING GROUP-** New group forming to begin Monday evenings 7-9pm on May 4th. \$70/mo. Confidentiality respected. Call 775-7927.

**DEEP MUSCLE MASSAGE-** Karen Austen, M.A., L.M.T., Licensed Massage Therapist. Alleviate chronic backaches, headaches, neck and shoulder stiffness, sciatica, stress, improve flexibility, muscle tone, circulation, athletic performance. By appointment, 865-0672.

**PSYCHIC-ASTROLOGICAL/B** Readings! Predictions, ESP, "Crystal-Clear" views into your zodiac sign and "news of economic situation, job change, move, family, marriage, your future! 883-3223.

**WOMEN'S SPIRITUAL QUEST** in Addiction Recovery. 4 Monday Eves. 6-7:30 p.m. begins May 18. Bath. \$60. Nan Ross, ATR, Art Therapist. FMI 443-5441.

**MEN'S GROUP FORMING-**Portland to Brunswick area. Group will focus on creative challenges with an emphasis on supportive discussion and sharing of ideas. Will be directed by consensus. We are looking for creatively diverse individuals. Drumming not required. 725-6284.

**WOULD YOU LIKE MORE ENERGY?** Do you need better rest? Do you need more money? Check us out. 657-4413 in Gray or 883-3712 in Scarborough.

**SINGING/ACTING CLASSES** for men & women in recovery. "Singing is only dignified screaming." Through acting and playing we participate more fully in life and the moment at hand. "National award-winning composer and theater director Edith Dougherty will help participants balance individual expression with ensemble awareness. Artistic risks will be encouraged. For fun, risk, release and growth. For class schedule, call Edie at 443-9603.

**YOGA FOR LIFE-**Beginning yoga classes. Spring session starts May 11. FREE introductory class May 7, 8-7:30pm, 108 Nash Road, Windham, 892-2508. Ask for Donna.

**SHIATSU AND/OR SWEDISH MASSAGE-** Shiatsu is Japanese-style massage. Special introductory offer of 20% off regular fee. Keith Hinz MST 774-3013, Portland license.

**SUPPORT GROUP FOR GIRLS** (ages 11-13) who have a parent in 12-step recovery. Beginning Thursday 5/14, 2:30-4pm. **WOMEN'S SUPPORT GROUP** (ages 25-35). Learn to clarify your needs and ask for what you want! Beginning Wednesday 5/20, 5:30-7:30pm (free individual meeting required prior to entering either group). Call now for details and free appointment. Jane Gair 774-8833.

**FROM SURVIVING TO THRIVING-** Ten-week Spring Semester Personal Growth Therapy Groups, beginning week of May 11th. Call 799-1024 for information.

**Lisa Bussey, M.A., C.E.D.T.** Individual & Group Therapy for Women. Focusing on:  
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8:15 am to 4 pm  
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**Dr. Madeline Nold, Ph.D.** featuring:  
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Through the use of dreams, ritual, art and breath, bring your inner and outer self more fully home.

Eight Thursdays  
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Sliding Scale \$20 - \$35 per session  
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## WHY DIETS CAN'T WORK

### Reason #4

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## roommates

Roommate wanted: M/F 25-30 years old, non-smoker to share large second floor. North Deering area. Back door to Baxter Woods. Available immediately. \$200 plus utilities. Call Mike 772-8465 or 828-1532.

**SCARBOROUGH AREA** House to share with large yard, deck, woodstove, and laundry. Nice country neighborhood, minutes to mall and O.B. \$275 + 1/3 util. 929-3413.

**LARGE NICE HOUSE ON PEAKS ISLAND.** Porches, large yard, oil heat, w/d etc. Prefer responsible, fun, solvent, 25+ yrs. Child welcome \$245/mo. utilities. 766-9774. Available now.

**RESPONSIBLE M/F N/S** to share house on 14 wooded acres in Standish- ideal for students- near USM Gorham, W/D. \$275/mo. plus 1/3 util. 642-2534.

**RESPONSIBLE M/F N/S FEMALE** roommate wanted to share cozy house in Portland. Quiet, safe neighborhood. Large private yard and parking. Must value privacy and be committed to keeping house clean + comfortable. Spacious, sunny living room with fireplace, bright working kitchen w/ dishwasher. Avail. May 1st. \$350/mo. + util. Call 775-0205, leave message. Security deposit and refs.

**GF AND SF SEEK ANOTHER F-** Share Back Cove apt. Late 20s, energetic, no drugs please. \$200/mo. plus 1/3 util. Parking. Call 773-3764.

**SOUTH PORTLAND ON THE WATER!** Share 3 BR 2-1/2 bath house with two GW N/S. Big house, W/D, steps to beach. \$325/mo. + 1/3 util. 767-4496.

**HOUSEMATE WANTED.** M/F for bright & spacious house near Payson Park. Seeking responsible N/S chem-free professional to share musical household. \$283+. Please call 874-0269 or 775-1347. Leave message.

CHARGE YOUR CLASSIFIED ADS BY PHONE

EXTENDED BY POPULAR DEMAND - SELL ANYTHING FOR \$92 FREE!

Check your attic, basement, your closets or garage... take stock of what you see and ask yourself, "Would I rather keep this, or have \$92 in my pocket?" If you've chosen the cash, send a brief, 15 word description of the item in question to Casco Bay Weekly, (use the coupon below), ask \$92 for it, and CBW will run your ad for 4 weeks ABSOLUTELY FREE! **\$92** (15 WORD LIMIT, NO CHARGES, NO PHONE CALLS)

## CLASSIFIED AD ORDER FORM

BY PHONE: 775-6601

### categories

- ☐ body & soul
- ☐ roommates
- ☐ apts/rent
- ☐ houses/rent
- ☐ offices/rent
- ☐ studios/rent
- ☐ seasonal/rent
- ☐ real estate
- ☐ auctions
- ☐ child care
- ☐ help wanted
- ☐ jobs wanted
- ☐ business services
- ☐ business opportunities
- ☐ dating services
- ☐ stuff for sale

### deadlines

Line ads: Monday at 6PM  
Display ads: Friday at 6PM  
Call 775-6601 for display rates.

### rates

25 words... \$7 per week  
additional words... 20¢ each

### THE SURE SELL!

Now place your classified ad in Casco Bay Weekly and The PennySaver for just \$2 more!

Phone it in: 775-6601 (visa/mc)  
FAX it in: 775-1615 (visa/mc)  
Walk/Mail it in: Casco Bay Weekly  
551A Congress St., Portland, ME 04101  
Attn: Classified

### fine print

Classified ads must be paid for in advance with cash, personal check, money order, Visa or Mastercard. Lost & Found items listed free. Classified ads are non-refundable. CBW shall not be liable for any typographical errors, omissions, or changes in the ad which do not affect the value or content, or substantially change the meaning of the ad. Credit will be issued when visible error has been determined within one week of publication. Four sheets available for \$20/copy.

### your ad:

Phone #: \_\_\_\_\_ Number of words: \_\_\_\_\_

Name: \_\_\_\_\_ Number of weeks: \_\_\_\_\_

Address: \_\_\_\_\_ 25 words or less \$7 per week  
+ add. words @ 20¢ ea.: \$ \_\_\_\_\_

☐ visa ☐ mc ☐ cash

exp. date: \_\_\_\_\_

**PENNYSAVER \$2 per week**  
+ add. words @ 20¢ each: \$ \_\_\_\_\_

Total: \$ \_\_\_\_\_



## roommates

N/S TO SHARE beautiful Eastern Prom apt. Private bedroom suite with 3 closets and bath, W/D, dishwasher, sunny porch, considerate roommates and more. 774-8212.

HOUSEMATE (M/F) WANTED to share large farmhouse in the country (20 min. west of Portland). I am seeking someone who is amiable, responsible and appreciates quiet country living. Call 929-4819 and leave message.

F/M TO SHARE LARGE SUNNY 2 BR DUPLEX. Responsible person, hardwood floors, parking, sunporch, references preferred. RENT NEGOTIABLE. \$56-103 M-F 9-5.30 or 854-4274 evenings.

SACO: FEMALE TO SHARE large 2 BR, 1 1/2 bath townhouse. Great location (brick & beam), lots of closet space. \$325/mo. includes heat/AC & elec. Call evenings 283-0698.

SUNNIEST APT. EVER: Hardwood floors, water view, 5 min. from Old Port, great neighborhood. Seeking female roommate. 23+, N/S, no pets. \$262+ utls. Karen 828-1213.

PROF. FEMALE, NON-SMOKER to share 3 bedroom, 2 full baths. Townhouse in the Portland area. Must see to appreciate. Contact Tammy at 774-0797 (home) or 772-4614 (work).

OPEN-MINDED, FEMALE WANTED to share alternative 2 BR apt. near E. Prom. Great view, parking, yard. \$250 plus utilities. Temporary OK. 777-1346.

ROOMMATE NEEDED M/F for large 2 bedroom West End apt. Heat and hot water included. Hardwood floors. 761-5959, leave message.

TWO VERY NEAT, QUIET, PROFESSIONAL GM roommates seek third M/F roommate to share very large 8 room Baxter Blvd. area apt. W/D, storage, a must see \$230/mo. + 1/3 utls. 772-6655.

\$195/MO. + 1/3 UTILITIES. Sunny Eastern Prom apt. hardwood floors and back porch. 30ish M/F to share with 2 F's and 1 cat. 879-1817.

SOUTH PORTLAND-M/F N/S to share 2 BR duplex within minutes of everything. \$210/mo. plus sec. dep. + 1/2 utilities. Call Randy 772-9634, leave message.

LOTS OF PRIVACY, space and sun. For a neat and quiet female to share oceanfront. Scarborough homes with same. Tennis courts, pool, private beach. Great deal. \$300/share utilities. 883-3525.

TWO PROGRESSIVE WOMEN, 30+, seek same to share large West End apt. BR & studio, W/D, backyard, \$250/mo. plus 1/3 utls. 775-0626.

WEST END seeking N/S roommate to share neighborhood, beach, W/D, \$275/mo. + 1/2 utilities. 799-3099.

ROOMMATE NEEDED TO SHARE 10 rm. apt. near MMC and USM. \$200/mo. + 1/2 utls. M/F N/S 28 yrs. 428-4015 evs.

SOUTH FREEPORT M/F Non-Smoker. Quiet country, lig. bedroom. \$200 per month + 1/2 utls. 865-4091.

NORTH DEERING AREA-3BR apt., parking available, W/D in building, cable, shopping nearby. \$200/mo. + 1/3 utls. Mike or Kurt, 878-5528 after 6pm.

HOUSEMATE WANTED TO SHARE spacious Victorian townhouse in Woodfords area. Looking for person 30+, N/S, who enjoys quiet, healthy lifestyle. \$250/mo. plus 1/3 utls. 871-1320.

COUNTRY LIVING, SEBAGO LAKE AREA- N/S roommates wanted to share large spacious home. Beautiful location, W/D, \$250/mo. + utls. 842-5075 or call collect 203-749-9617.

SOUTH PORTLAND- M or F to share apartment, bedrooms are furnished, includes all utilities except long distance phone calls, parking available. \$65/wk. 773-8201.

ROOMMATE WANTED- US/M/ME. MED area, M/F, mature, responsible N/S to share spacious apt. with hardwood floors, W/D, oil heat. Student or professional preferred. \$260/mo. + 1/2 utls. 871-8230.

MATURE AND RESPONSIBLE N/S wanted to share quiet and attractive South Portland house. I'm not a party person but have lots of activities that keep me away. No couch potatoes or pets please. \$350/mo. includes utls. 767-4459.

PROFESSIONAL MALE SEEKS professional GM/F N/S to share house in Falmouth. Large private yard, gardens, quiet, minutes to Portland. \$400/mo. includes all. 781-3493 evs.

ENVIRONMENTALLY-FRIENDLY ROOMMATE SOUGHT-Share this large, comfy West End 2 BR with furnished LR kitchen, study/office space & award-winning hallway. NO SMOKE! \$260/mo. or BO. Ready when you are. 773-1782.

WEST END- Housemate for excellent, very charming, if somewhat battered apt. Good space, very reasonable rent. N/S please. Prefer progressive, sane, thoughtful human being. M/F. 774-1597.

AN IDEAL TENANT AWAITS YOU! Quiet, responsible, older professional woman seeks moderately priced 4-room apt. Eastern Prom area- deck, porch, parking- willing to wait for the right place. 874-0511.

FALMOUTH- PRIVATE BEACH ACCESS, large deck, study, fireplace, garage, woods. N/S only, good OK. \$300/mo. + 1/2 utls. 781-4904.

## apts/rent

MAINE MED/USM AREA, 4 bedroom, hardwood floors, paved off street parking for 2 cars, storage room, laundry facilities, yard, no pets. Available in May, \$570/mo plus utilities. David 774-4826.

PORTLAND-2-3BEDROOM, hardwood floors, decks, W/D, fully appliance, fire, place 5 minute walk to MMC & USM, 99 Grant St. \$600/mo. + utilities. Security deposit. Call 874-2448.

MUNJOY HILL - Sunny 2 bedroom, lots of space, hardwood floors, big closets, quiet street, panoramic city and harbor views, parking, laundry. \$550/mo. plus utilities. No dogs. Call 775-0619.

PORTLAND WEST END- Briggs St., large, sunny 1-1/2 BR in 2 family, owner occupied, 1st floor, parking, \$425/mo. heat/HW included. 1 mo. deposit. 772-8397.

RENOVATED VICTORIAN CONDO, Eastern Prom area, quiet building, 2BR, carpeting, high ceiling, parquet floors. Large living/dining area, parking, W/D, Cat OK. Perfect for prof. couple. \$550/mo. plus heat. Avail. May 15 or June 1, ref. & sec. 773-0749, leave message.

MUNJOY HILL - 2 LARGE SUNNY 2 BR apts. in newly renovated Victorian 3-unit, \$550/mo. includes heat, water & parking. One available immediately. Call 773-9549 evenings.

WILLARD BEACH AREA-Sunny 1 or 3 Bedroom, D/W, laundry, large yard, deck. \$450 or \$675 includes heat and hot water. Security deposit. Avail. mid-May. 799-4983.

MUNJOY HILL GARDEN APT. WITH WATER VIEW, hardwood floors. Newly remodeled large eat-in kitchen is included among these 4 rooms, plus bath with a tub & shower. This is a 1st floor apt. w/private deck and direct access to large yard. On-site laundry, off-street parking, good neighbors. Heat & HW are included for \$225/mo. Newspaper & cardboard recycling as well as composting provided at this owner-occupied residence. It's later than you think, so please call 772-2570 for appointment.

WESTBROOK 2 BR APT.- First floor, W/D hook-up, 1/2 basement \$500+/ utls. 856-1112.

QUIET & COMFORTABLE ONE BED-ROOM townhouse style apt. on Munjoy Hill. 2 stories, landscaped yard with patio, off-street parking, pets OK. \$395/mo. Call 781-4255.

SUNNY, QUIET HOUSE, 1st floor, rent 5 rooms. Oil heat & sec. dep. St. John St., Portland. 772-3904.

PORTLAND, ME. MED AREA- Large 1 BRs, \$350 & \$400. Large 2 BRs, \$450 & \$500. All include heat & HW, parking. Call 871-1503.

WESTBROOK- 1 BR, private entrance, oak kitchen, skylights, walk-to-wall, parking. \$400/mo. + utls. 774-3037.

FALMOUTH- 2 BR, kitchen, living room, W/D hook-up. \$550/mo. + utls. Call 775-4828 evenings.

ART MUSEUM AREA, 51 HIGH ST.- 3 rooms, heated, clean, quiet. Water view, secure building, coin laundry. No pets. \$395/mo. + security. 799-4680.

SOUTH PORTLAND, STANFORD ST.- New 2 BR townhouse apt. includes heat, hot water. \$695/mo. + security deposit. 799-3378.

FREEPORT- SUNNY 1 BR APT., close to 95, large bath, appliance kitchen, storage, spacious yard. Available 5/1/92. Call 865-6800.

169 DANFORTH AVAIL 5/1. Large, light, 3 rooms, hardwood floors, ideal for couple. Good building, fine area. Heat, hot water, all utilities included. \$435/mo. Security arrangements. On site super. 879-2478.

FOR RENT- SOUTH PORTLAND: Clean, sunny 2 BR apt. on busline, W/W carpeting, laundry, parking. \$495/mo. plus utls. Sorry, no pets. 799-9265. Leave message.

169 DANFORTH AVAIL 5/1. Large, light, 3 rooms, hardwood floors, ideal for couple. Good building, fine area. Heat, hot water, all utilities included. \$435/mo. Security arrangements. On site super. 879-2478.

NORTH ST., PORTLAND- Sunny 2 BR apt. in quiet building, with woodstove, inexpensive oil heat, hardwood floors, yard & parking. \$495/mo. + utls. Nicely redeone. 774-2397.

FALMOUTH BY OWNER 2 1/2 bedroom cape, 1 bath, great perennial & vegetable garden. 2 car garage \$105,000. No brokers please. Leave message. 797-0629.

SCARBOROUGH, HARMON FARMS- Fantastic family neighborhood, close to beaches. 3 BRs, 2.5 baths. Nice private yard. By owner. \$194,000. 883-1407.

A WONDERFUL PLACE TO START! There's been let's of recent work to update this North Deering 2 BR home. New mudroom, cute deck & a cozy den with woodstove. Priced to sell @ \$91,000. Call for details. Chris Behan, 774-2121, Century 21 Balfour.

FLATMOUTH 70' \$14,995 3 BR \$1,499 down, 180 months at \$149, APR 10.5%.

LUV HOMES Rt 26, Oxford, ME 207-539-4759 Daily 11-7, Sun 11-5, Closed Tues

child care

LOOKING FOR SOMEONE who loves children, \$5.50/hr. Need car 3-6:30pm Tuesday thru Friday every other week. Call Ken or Claire 828-1489. House located in West End.

houses/rent

CAPE ELIZABETH- CHARMING BUNGALOW duplex. Large, sunny, livingroom, diningroom, den, kitchen, 2 BR, bath. Private driveway, yard for summer enjoyment. Lease \$750/mo. 871-0112, 799-1401.

SOUTH PORTLAND- 6 room Cape, 2 BRs. Short walk to Willard Beach. Some appliances included. \$650+/ utls. Security deposit & references. Leave message. 767-6124.

offices/rent

PART-TIME PROFESSIONAL SPACE available for therapist, holistic health practitioner. Bodyworker preferred. Flexible hours, payment negotiable. Good opportunity for beginning practice. Excellent location w/parking. 772-1896, 775-5022.

MANUFACTURER REP. OFFICE- 1st floor, front. Broadway South Portland. Full secretarial, fax, processing, answering service, parking. Please call Archie Taylor, 799-8395.

HEALING CENTER- Broadway, South Portland. 1 or 2 room suite, home atmosphere, parking, utilities, phone answering. Please call Archie Taylor, 799-8395.

BEST HISTORICAL FIND SINCE THE DEAD SEA SCROLLS Historical Old Port office space offering big business amenities at small single office prices. Reception/Secretary, Conference Rooms, Fax and Xerox plus more, from \$200 up. Call 772-8667

and ask for the Landlord who was around when they copied the book of Isaiah.

PASS THIS PAPER ON TO A FRIEND

## studios/rent

ART & CRAFT PEOPLE - Get a new studio for spring at 317 Cumberland Ave. 150-12,000 sq. ft. lights, heat incl. Parking available. No lease required. Call 772-6527.

## real estate

HOUSE FOR SALE- WESTBROOK, 3 BR, FHA oil, woodstove, all appliances, fenced yard, 50X100 lot, \$79,500. VA qualified assumable. 878-5539. Deb.

OLD ORCHARD CONDO, BY OWNER: appliances, W/D hook-up, pool, stereo. Near, but not in the middle of, everything, convenient commuting, great vacation property/first home. \$61,000, 934-7649.

FALMOUTH BY OWNER 2 1/2 bedroom cape, 1 bath, great perennial & vegetable garden. 2 car garage \$105,000. No brokers please. Leave message. 797-0629.

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## real estate

\$150 for 180 months

\$1,499 down, 2 BR Titan, list \$22,995, sale \$14,995, APR 10.5%, Colony 56X28' loaded lists \$44,995, sale \$32,995.

FAIRLANE MOBILE HOMES Inc.

Daily 9 to 6 / Sunday 10 to 5 / Closed Wed. Rt. 93, Exit 20, Tilton, NH • 603-286-4624

OLD ORCHARD CONDO, BY OWNER: appliances, W/D hook-up, pool, stereo. Near, but not in the middle of, everything, convenient commuting, great vacation property/first home. \$61,000, 934-7649.

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WPKM 106.3

WPKM is EOE.

## help wanted

Is your job fun?

Do your goals match your skills? Do you know how to market yourself? Are you tongue-tied at interviews? There is a job for you.

tommy's dive shop

a division of tommy's at 273 congress st. portland, me 04101

We are seeking a part-time person to work at our customer service/cashier desk and on our sales floor. Prior experience selling hardware, marine & water sport products a must. This is a fun and challenging job for the right candidate. Apply in person. No calls. See Pam. EOE.

business services

HANDYMAN WITH TRUCK AVAILABLE to do odd jobs and moving. I'll move you locally or long distance. Experienced & dependable with references. Call for my low rates, 774-2159 anytime.

REMODELING AND REPAIRS- For home and business. Offering 10 years clean and professional services, like built-ins, kitchens, restrooms, and plan old home repairs. Call Paul Keating 846-5802.

BUILDING/ REMODELING CONTRACTOR seeking renovation work, interior/ exterior. Top quality work at reasonable rates. Additions, garages, kitchens, baths. Insured, references, est. 1978. Call Phil, 774-7477.

ADVERTISING AND TYPING SERVICES- We offer laser quality typesetting and typing services. Plus, set-up of logos, catalog sheets, business forms, business cards, resumes, etc. Call Omega Art 846-5063. Lowest prices!

ABOVE GROUND POOL INSTALLATION- Done by a professional at the lowest prices. D.G. Above Ground Pools. 283-8952.

ELECTRICIAN- CALL "FORREST" at Town & Country Electric for 1st class workmanship & lowest prices in town. L&S & Insured- Fuses to breaker panels a specialty. Contractors- CALL US! 772-5257.

I CLEAN FOR FAMILIES: apartments, houses, bi-weekly, monthly, or as needed. Current, excellent references, and free estimates. Call Kathy, 773-0542 anytime, and leave message.

LANDSCAPES FOR LESS- Let us beautify your outdoor living space. We'll design, plant, mulch, prune, maintain your lawn. Professional results, reasonable rates, free estimates. 879-1352.

PERFECT PITCH OF PORTLAND- Expert piano tuning, repair, and rebuilding. Every tuning a concert tuning. Great rates! No extra cost for pitch raising. Call 828-1200.

C.&D. CLEANING- The Professional Cleaners- Let us do your cleaning for you at a reasonable rate that fits your budget. Give us a call. 854-0421.

PROFESSIONAL PAINTER- Interior and exterior, 18 years experience, excellent references. Terry Greenlaw, 879-0630.

HOUSECLEANING Done the way you want it done. Free estimates, low rates. 878-3561.

GALLI'S LAWN MAINTENANCE- Spring and fall cleanup. Mowing, hedge trimming. Free estimates. Gilbert Galli, 773-1828.

MASTER PLUMBER- Insured, free estimates. Choosing to stay small time! Andy Unas Plumbing, 772-5233.

STORAGE SHEDS, PICNIC TABLES, sand boxes, children's play sets, decks. All built to order. Call 767-3104 or 282-1209.

HANDYMAN- All phases of carpentry. House painting (interior, exterior), windows, attics and cellars cleaned. Insured. Call 767-3104 or 282-1209.

business opps

LOOKING FOR INVESTOR/FINANCING FOR well-managed & maintained residential income real estate. Potential to double current CD interest rates. CBW Box 029.

dating services

MEET BEAUTIFUL, FAITHFUL, Marriage-minded ladies from Asia, Russia, Europe, North & South America. For FREE photo brochure and complete details call 702-451-3070 anytime and leave mailing address.

PROFESSIONAL DATING SERVICE- MEMBERSHIP for sale, 1/2 price. Southern Maine/ Greater Portland area. Getting married, no longer need my membership. Call evenings, 865-1993.

stuff for sale

MATRESSES & BOXSPRINGS & FRAMES- New and used. Also washers and dryers and appliances. We also buy unwanted items. Credit available 772-5737.

AUSTRALIA- ONE ROUND-TRIP ticket from Portland to Sydney. Leaves May 5, returns May 31. Must sail. \$500 or best offer. 207-926-3257.

CARPENTARY/BUILDER - ADDITIONS (not specialty) We also do roofing, siding & decks. 20 years of experience. No job to small. 761-0932.

## business services

ATTENTION SOUTH PORTLAND RESIDENTS: Now offering bicycle repairs and assembly (of new bikes). 20 years experience. Free pickup and delivery. Call 767-0668, 8-10am.

Eraser Bad Credit CREDIT REPAIR NETWORK 1 Commercial St. 772-8010

CHARLES B. MELCHER PHOTOGRAPHER

EXTRAORDINARY PORTRAITS 501 Cumberland Ave. Portland 775-6301

NASTY NEAT COMPULSIVE CLEANING...and other life support services

LEGAL FOR LESS

Wills • Probate • Divorce Corporations • Bankruptcy

Legal Technicians 1-800-281-7625

business opps

LOOKING FOR INVESTOR/FINANCING FOR well-managed & maintained residential income real estate. Potential to double current CD interest rates. CBW Box 029.

dating services



# Casco Bay Weekly Personals

CALL 1-900-370-2041 TO RESPOND TO ANY CBW PERSONAL  
(Calls cost 1.49/min. Must be 18 or over. Touch-tone phones only. Casco Bay Weekly 207-775-6601)

## women ← men

**2 ATTRACTIVE DOWN-TO-EARTH SWF** looking for 2 similar SM, 20-28, for double dates, friendship (8 more)? Must enjoy the outdoors. Sense of humor? Better have one! Please include photo(s) with creative response. P.O. Box 414, Freeport, ME 04032-5143.

**THIS VERSATILE, SOMETIMES SWEET** sometimes stubborn princess is looking for a friendly Prince Charming with a gift of gab. She's kissed a lot of toads within her life in preparation for the grand meeting. She would appreciate help in discerning the meaning of those calico-cuddled turtles of her sleeping dreams, and would immensely enjoy a person able to romp with her children within, especially the "Timp." The reality based woman is growth-oriented, health-conscious, 45, and interested in flying planes in lieu of knitting when she's 90. If the shoe fits... #5163.

**SINGLE, PRETTY BLOND LADY, 30's,** seeks tall, intelligent, attractive, professional, totally unattached man for spring/summer (maybe next fall/winter?) fun. My interests: sailing, music, wine, skiing, travel, movies, working on my old house and new adventures. CBW Box 031.

**DWF, 37, 5'5" BRWN/BL N/S** attractive, friendly, mother of one with major case of spring fever. Enjoy music, movies, dancing, holding hands on long walks and cuddling. Looking for honest, earthy male 35-45 for fun, laughs, and companionship. Letters only, photos exchanged/returned. CBW Box 032.

**DWF, 40's, TALL, SLENDER,** elegant with a full and happy life. Looking for a monogamous relationship with a secure, athletic, God-centered man who enjoys country living as well as dinner/movies in town. CBW Box 035 #5146.

**MY HOPE CHEST RUNNETH OVER.** I have so many dreams locked away it's time to air them out, shake off the cobwebs and try them on for size. SWF, 40, N/S, looking for the adventurous man with the key to unlock my future. #5153.

**I AM A GOOD-LOOKING SWF, 24, 5'6" 145 lbs., Br/Bl, easy-going, affectionate, romantic, sensual, honest.** Enjoy beach walks, music, dancing, cooking. Tired of bar scene and head games. Seeking good-looking, mature SWM 22-28, 5'7" proportional weight and similar interests who wants to make time for monogamous, fun-loving relationship. Let's see what happens! #5155.

**SPIRITUALLY-MINDED SWF** seeking a healthy, spiritually-minded male, 45-52, sense of humor, earthy, compassionate, sensitive, self-sufficient, flexible, broad-minded, trustworthy, takes you as you are, enjoys biking, camping, walking, nature, dancing, Chinese food, music, conversation, traveling. Also N/S, WD. I'm on a journey of self-discovery and want to share it with the right man. Photo appreciated. CBW Box 038. #5156.

**DWF, 36, N/S, INTELLIGENT,** attractive, fit, professional, financially secure, energetic, creative, witty, passionate about many things spiritual (i.e. gardening, poetry), intellectual (i.e. reading, writing), physical (i.e. running) - seeks healthy intelligent, gentle professional man 32-50 for companionship, etc. #5159.

**THIS VERSATILE, SOMETIMES SWEET** sometimes stubborn princess is looking for a friendly Prince Charming with a gift of gab. She's kissed a lot of toads within her life in preparation for the grand meeting. She would appreciate help in discerning the meaning of those calico-cuddled turtles of her sleeping dreams, and would immensely enjoy a person able to romp with her children within, especially the "Timp." The reality based woman is growth-oriented, health-conscious, 45, and interested in flying planes in lieu of knitting when she's 90. If the shoe fits... #5163.

**HIP 28-YR.-OLD SINGLE WOMAN** loves to sing harmony! Wishes to meet Kevin Costner look-alike, 28-38, rugged, sensitive, but mature. If you exist, you may meet this vivacious Jerry Brown supporter who likes to dance (preferably with Jerry!), but also enjoys quiet times. You must be an excellent communicator. A strong friendship/romance would be nice. #5176.

**WHAT I AM HAS BEAUTY AND STRENGTH** independent, attractive, risk-taking love warrior, tall, 37, seeks stable, strong, creative type of near age for fun and friendship. Must be open-minded, attractive, a bit wild and romantic and grounded in reality. Into building relationships. Photo exchange. CBW Box 044. #5185

**FAX FREE THURSDAY! 775-6601**

**SWF, EARLY TWENTIES, PETITE,** Auburn hair, hazel eyes, articulate, sensual, discreet and charming, seeks a kind, gallant MWM for companionship. Are you looking for a gentle lady who is warm and supportive to bring some joy into your life? Let's get in touch. #5197

**IMPERFECT-WITH VICES-YET, SOME** redeeming qualities. DWF, 43, 5'8", average build and appearance. Affectionate, fun-loving, adventure seeking, a little crazy, enjoys outdoors and being active. Seeks brave, imperfect man with vices, for sampering. Must be tolerant with a good sense of humor. CBW Box 045. #5221

**DWF, 34, PETITE "MOM"** Like movies, S.W.D. I'm on a journey of self-discovery and want to share it with the right man. Photo appreciated. CBW Box 038. #5156.

**FAX FREE THURSDAY! 775-6601** 45 words & Personal Call® FREE BY FAX THURSDAY ONLY

## men ← women

**SWM, 25, SEEKING GOOD-LOOKING,** intelligent, childless SWF. Must like cats for I have two. I read sci-fi, fantasy and other books. I'm old-fashioned but not a fuddy-duddy. I enjoy late nights under the stars and talking. Calm and quiet person. #5108

**YOU-SLIM, CUTE, S/DWF, 25-34,** childless, girl-next-door type, honest, part tomboy-part lady, still little girl at heart-yet mature, perky and humorous. ME: SWM, 34, 5'9", 185#, enjoys outdoor/in-door activities, rural living, movies, comedy, dining in/out, and more. #5110

**SM, 31, NURSING STUDENT** wants to meet SF, 25-35. I am N/S, fun-loving, bleeding heart liberal/wisdom of humor who wishes to develop a loving relationship with someone who has at least the same amount of inner beauty as outer. #5124

**WOMAN WANTS TO MEET** Kevin Costner look-alike, 28-38, rugged, sensitive, but mature. If you exist, you may meet this vivacious Jerry Brown supporter who likes to dance (preferably with Jerry!), but also enjoys quiet times. You must be an excellent communicator. A strong friendship/romance would be nice. #5176.

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**FAX FREE THURSDAY! 775-6601** 45 words & Personal Call® FREE BY FAX THURSDAY ONLY

**VISIONARY, MAGICAL SWM,** ordinary looks, physically 41, emotionally younger, spiritually ancient; seeks intellectually curious, emotionally sensual, spiritually adventurous sole mate with values depth, growth, wit, flow, playfulness, communication, congruency, understanding, creative romanticism, and doesn't confuse who she is with her looks, personality, profession, or bank balance. #5131

**HAPPY, HEALTHY, ACTIVE, FUN,** loving DWM, 41, seeks attractive, fit woman. Let's share the great outdoors, music, nature, friendship, personal growth, good attitude, passion, thoughtfulness, love & romance, and more. Happily ever after... #5150.

**I'M GOING DOWN TO LUCKY TOWN** because these are better days. DWM executive, 30, seeks an attractive, successful S/DWF, 25-35, to share a little of that Human Touch and be in my Book of Dreams. P.O. Box 8566, Portland, ME 04104. #5151.

**MATURE, HANDSOME, SENSITIVE** professional DWM, 40, seeking slim, interested in outdoor activities, exploring, intellectual pursuits, travel. You might be supportive, understanding, patient, N/S. Quiet moments and hours are to be celebrated, not avoided. I'm absent-minded, gentle, enthusiastic, creative, almost comical, well-liked, cross between Harry on Night Court and Jimmy Stewart. Write me to tell me how you feel today. Thanks! CBW Box 018. #5182

**LOVELY MWM-OK LOOKS, HEALTHY,** clean, fit, well-built, nice person, seeks M/SF. Please be open-minded, sincere, attractive, petal, clean, healthy, uninhibited, discreet. Enjoy fine wine & cuisine, fun, long foreplay, fulfillment, massage, hot tubs, conversation. Call, passion awaits. #5183

**ATHLETIC, SPORTSMAN, PROFESSIONAL,** attractive, BM, late 30s, 5'10", 190 lbs., like to meet a discreet, down-to-earth woman. Cultural events, old movies, dining out, comedy, jazz, candle-light dinners, long-term relationship. No drugs, N/S, good health. P.O. Box 6865, Portland, ME 04101 or #5185

**ASTROLOGER TOLD THIS EMOTIONALLY** available, mentally perceptive, nature-loving, tall, fit, attractive, honest, caring, iconoclastic, N/S, 45 DWM that someone is coming into his life by June 10. Are you the one? Please respond to P.O. Box 10081, Portland, 04104 or #5193

**SWM, 6'1", MEDIUM-BUILD,** looking for someone for companionship and romance. I like cooking, walking, recreational sports. Looking for someone between the ages of 30-40, looking for someone with average weight, build. #5167

**ATTRACTIVE, PROFESSIONAL, 45,** 5'11", 165 lbs., very physically fit, many interests. Open, caring, affectionate. Looking for occasional escort. Bright, fit, buxom, sexy lady, not afraid of dressing up and meeting people. Prefer letter. P.O. Box 10116 Portland, ME 04104. #5154.

**DO YOU ENJOY LAUGHING?** A lot? Island or inland trips? Music, flea markets, antique stores, sports, reading the classics? 6'1" handsome, caring, humorous, fit, supportive, very interesting man seeks witty SF, 18-30, for great conversation, sharing, honesty, entertaining times. P.O. Box 10796 Portland 04104. #5158.

**LOST: YOUNG LADY AGE 19-30;** Description: Eyes and hair subject to change, attractive and athletic; Interests: everything. Adventurous 22 yr. old looking for someone who fits this description. If seen please call #5171.

**BLOND, BLUE-EYED FORMER** Southern California beachboy misses the sun and surf. Let's enjoy the waves of the beautiful Maine coast. Seeking sun and fun female who's not afraid to get her feet wet. Drop me a line and we can dig our toes into the sand. P.O. Box 11111, Portland, ME 04104-7111. Prefer letters. #5173

**SWM, 33, 5'11", 165 LBS.,** dark features, professional, very handsome, and of good humor with interests in the beach, outdoors, travel, sports, movies, dining in/out and good conversation, seeks slender, spirited, and very pretty S/DWF 24-33 to share good times and perhaps more. #5175.

**SWM, 28, 5'10", 155 LBS.,** blue eyes, brown hair, attractive. Likes sports, dance, dinner out. Seeks D/SWF, 22-34 for get-together or relationship. CBW Box 043.

**WARM, GOOD-LOOKING, HAPPY, TALL,** monogamous man, 30s, secure, successful physician, would like to meet warm and tender lady, 24-32, spirited, slim, interested in outdoor activities, exploring, intellectual pursuits, travel. You might be supportive, understanding, patient, N/S. Quiet moments and hours are to be celebrated, not avoided. I'm absent-minded, gentle, enthusiastic, creative, almost comical, well-liked, cross between Harry on Night Court and Jimmy Stewart. Write me to tell me how you feel today. Thanks! CBW Box 018. #5182

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## The Ad:

...enough... CBW Box 038.  
UNCOMMONLY VIVACIOUS, adventurous, imaginative 39, 5'11", athletic, down to earth, professional, pretty blue eyed blonde seeks physically fit, self-actualized, centered professional male who appreciates the outdoors, music, movies, ethnic cooking/dining, for friendship and future possibilities. Now's your chance! CBW Box 859. #5868  
LUCY PRETTY, energetic, statuesque

## The Results:

**Dear Personal Ad Department:** April 15, 1992  
I thought you might enjoy hearing about my recent experience with your newspaper.  
Prompted by a girlfriend, I submitted my first and only personal ad to you in November to begin running 11/21/91. On 11/27/91 I had my first confidential meeting with Peter. On December 3rd we had our first "date" and on January 13th he proposed marriage to me. On March 28th we had a beautiful wedding with 50 relatives and friends.  
I never imagined I would find the love of my life through a personal ad. Thank you so much for providing that service.  
Sincerely,  
Mary & Peter  
Scarborough  
P.S. Special thanks to Judy for her help and encouragement in placing the ad!

Casco Bay Weekly Personals

Isn't it time you tried the personals?

Casco Bay Weekly Personals

CHARGE YOUR CLASSIFIED ADS BY PHONE



## Portland's Largest Adult Entertainment Center!

Offering a huge selection of videos, magazines and toys for the discriminating adult...

## VIDEO EXPO

"We Have What You're Searching For... And Then Some!"

Newly Remodeled & Newly Expanded!

VIDEOS BEGINNING AT \$799 - At These Prices Why Rent?!

**PORTLAND VIDEO EXPO**  
666 Congress St • 774-1377  
Open M-Sat. 10-10 • **NEW SUNDAY HOURS 1-7PM**

**Also in KITTERY VIDEO EXPO**  
Route 236 • 439-6285  
Open M-Sat. 10-10 • Sun. 12-7

## women ← women

**RELATIONSHIP NOT QUITE WHAT YOU'D** like it to be? Not ready to throw in the towel just yet? Seeking kindred spirit for meaningful friendship to fill in some voids. Me: single parent- You: between 35-40, N/S, active, passionate about life. #5152.

**YOU SEND ME LILACS.** I will romance you. We share a secret love of women. Bisexual woman looking for the passion and romance of Spring. P.O. Box 4417, Station A, Portland 04101, or #5181

**ATTRACTIVE, HAPPILY MARRIED** WOMAN interested in art, music, and five female partner for social and intimate adventures. Reply to Box 5376-Station A, Portland, ME 04101, or #5181

## men ← men

**BIM, MID-THIRTIES, HONEST,** humorous, sincere, friendly, fit, good-looking, discreet, seeks other B/Ms for friendship. Possibly interested in forming informal, confidential support group. #5129

**SINGLE BIM, 20, good looking, great** shape, looking for close friendship with other male. Discretion and confidentiality assured. Hobbies include classic rock, guitar jams, and consumption of mother nature's goods. Love loud partying and quiet walks. If you're looking for some wild fun, please drop a note. Your photo gets mine in return. CBW Box 030.

**GWM, 38, 6'** with a full and successful life, lifting weights in anticipation of aerobics evenings with you! Also have an appetite for good food, good conversation, movies and massage. If you are sane and sensual, write or call or both. CBW Box 036 #5147.

**GWM, 30, 5'7" MASCULINE,** professional, somewhat shy, handsome and in good shape. Not into bar/gay scene. Looking to meet other in-shape B/GWM 26-35 for friendship and (7) long-term relationship is my ultimate goal. Discretion is assured and expected.

## WE MAKE NEWS MATTER

## others

**THIS AD GOES TO THE** pretty brunette who was in Rosie's April 7th at about 6pm. Maybe we could get together for dinner a movie and tetriss lessons. Steve. #5142.

**MR. SMILEY** doesn't do much dancing these days. Life just not quite the same without picking 2' blond hair off Penguins' jerseys. Those phone calls, glasses taped on one side, feeling sleepy again head on chest, eating apples. AM MISSEING YOU, LUV. Hal Hal Hal! #5157.

**YOU'RE A SWF, 5'2"-ish, dark hair/eyes,** very attractive, wore black slacks and a white blouse over a black camo. I'm a 6' SWM, dark hair, green eyes, wearing a flight jacket. I was right above you and your two friends at 1-Birds (Jenny & the Woodmen) Sat 4/11- the guy with the nervous thumb (I'm a bass player). I paid for most last beer and could shoot myself for not asking you to dance (terminally bashful) I'd love to talk with you. CBW Box 042 #5172.

**MOTORCYCLE MAN WITH THE BIG** BLACK stomp'n' boots. You are one of the good ones. Life is short; we must go out while we can and play hard. You, me and a hot motorbike in Seville this summer. Guaranteed to be a "Yaa-Hoo" time! "Rudy" #5195

## companions

**FEMALE, 45 FINANCIALLY** secure, seeks live-in situation with male or female. I'm in a wheelchair and am a good companion. Please address envelope two lines only. Box 336, Gray, ME 04039. Any age is fine, prefer older person or couple.

**HAPPILY MWM, EARLY 40s,** attractive, courteous, professional seeks MWF or SF, 30-45, for companionship. Lunches, daytime shopping, beach, friendship, conversation, fun times. Light drinker, smoker OK. Should be neat in appearance, height/weight proportionate, sociable. Might be a nice change of pace. Call soon. #5191

**IGOT YOUR MESSAGE 4/13-TOO LATE.** You said you were very interested, but couldn't leave a number at this time. You wanted me to leave a number. You said you were very discreet. Happily MWM. Please call me again. I ran the ad again. #5192

CALL 1-900-370-2041 TO RESPOND TO A CBW PERSONAL AD (Calls cost 1.49/min Must be 18 or over. Touch-tone phones only. Casco Bay Weekly 207-775-6601)

## How to respond to a personal ad

Just call 1-900-370-2041 from any touch-tone phone. When Personal Call® answers, follow the instructions and enter the four-digit number of the ad that interests you. You may then leave a response, enter another number or browse through other messages. (Calls cost \$1.49 a minute.)

To respond to an ad without a number, write to the P.O. box or CBW Box indicated. When addressing mail to a CBW Box, be sure to print the box number clearly on the lower left hand corner of your envelope.

## How to place a CBW personal ad

You can place your ad by mail, by FAX or by stopping by our office at 551A Congress St. in downtown Portland. Call 775-6601 to find out more.

Each Casco Bay Weekly personal ad comes with free use of a Personal Call® number. When you place your ad, you'll be given a number and an easy-to-follow instruction sheet. It's important that you call and leave your personal greeting before the paper comes out on Thursday—that way you won't miss any of your responses.

When recording your 90-second greeting, relax and be creative. Describe yourself—but don't leave your full name, telephone number or address. We suggest that you leave your first name, and ask the people responding to

## leave their telephone numbers and best times to call.

## What does a personal ad cost?

Personal ads of 45 words or fewer cost only \$5 for two weeks. Additional words cost 50¢ each. All personal ads must be placed for a minimum of two weeks. Ads of 45 words or fewer are FREE when submitted via FAX on Thursdays or with a current promotion.)

Use of a Personal Call® number is FREE. Use of a CBW Box # which includes mail forwarding, costs \$20. Visa, Mastercard, personal checks, money orders and cash are welcome. All personal ads and box services must be paid in advance.

## Rules & deadlines

Casco Bay Weekly Personals are for single people seeking relationships. CBW will refuse ads that seek to buy or sell sexual services. No full names, street addresses or phone numbers will be published. Ads containing explicit sexual or anatomical language will not be published. We reserve the right to edit or refuse any ad. Personal ads will not be accepted over the phone.

Your ad and payment must reach CBW by noon on the Monday prior to publication. Bring or send your ad to Casco Bay Weekly, 551A Congress St., Portland, ME 04101. FAX: 775-1615

## Your ad:

<b>Category:</b>	
<input type="checkbox"/> women ← men	
<input type="checkbox"/> men ← women	
<input type="checkbox"/> women ← women	
<input type="checkbox"/> men ← men	
<input type="checkbox"/> others	
<input type="checkbox"/> companions	
<b>45 words for 2 weeks \$5.00</b>	
<b>Additional words @ 50¢</b>	
<b>Personal Call® FREE</b>	
<b>CBW Box forwarding (add \$20.)</b>	
<b>Total</b>	
<input type="checkbox"/> Check here if you request ONLY CBW box forwarding	
Exp:	
<b>Confidential information:</b> (We cannot print your ad without it.)	
phone	
name	
address	
city, state, zip	
VISA/Mastercard #	

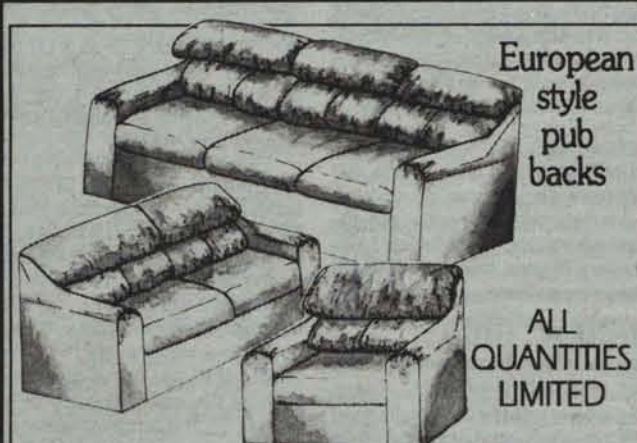


# PUBLIC NOTICE

## 3-Day Factory Closeouts!

FORCED TO  
SACRIFICE  
INVENTORY  
OVERSTOCK!

NO LAYAWAY HASSLES....NO CREDIT REFUSED! Hurry in TODAY!!! All items first come, first served!



European  
style  
pub  
backs

ALL  
QUANTITIES  
LIMITED

**\$268**

ALL 3 PIECES INCLUDED!



ACCENT TABLES

3-pc. look  
of oak group  
Sold only in sets

**\$99**

**\$328**

ALL  
BRAND  
NEW



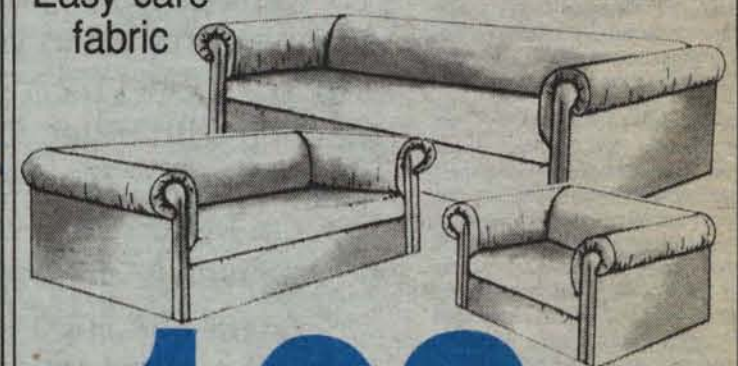
Ultra-modern  
leather-look 3 pc. set

FREE LAYAWAY GUARANTEED!

Regardless of credit history, employment status, or bankruptcy, NO ONE REJECTED for FREE LAYAWAY!

Easy-care  
fabric

TAKE IMMEDIATE DELIVERY



**\$168**

SOFA  
LOVESEAT  
CHAIR

Every item in warehouse BRAND NEW

LOVESEAT - SOFA - CHAIR

**\$398**

Layaway  
is FREE



Camel-back  
styling

## POSTURE SERIES

**\$24** POSTURE PLUS FIRM  
5 yr. ltd. wty.  
twin \$24 ea pc  
full \$29 ea pc  
queen \$39 ea pc  
king \$39 ea pc

**\$39** POSTURE SELECT EXTRA FIRM  
5 yr. ltd. wty.  
twin \$39 ea pc  
full \$49 ea pc  
queen \$59 ea pc  
king \$59 ea pc

**\$49** POSTURE PROFILE LUXURY FIRM  
5 yr. ltd. wty.  
twin \$49 ea pc  
full \$59 ea pc  
queen \$69 ea pc  
king \$69 ea pc

**\$59** IMPERIAL EXTRA FIRM  
10 yr. ltd. wty.  
twin \$59 ea pc  
full \$74 ea pc  
queen \$94 ea pc  
king \$84 ea pc



ALL  
BRAND  
NEW

TAKE IMMEDIATE DELIVERY

**\$64** POSTURE LUXURY EXTRA FIRM  
15 yr. ltd. wty.  
twin \$64 ea pc  
full \$84 ea pc  
queen \$108 ea pc  
king \$89 ea pc

**\$74** POSTURE ELEGANCE SUPER FIRM DLX.  
20 yr. ltd. wty.  
twin \$74 ea pc  
full \$94 ea pc  
queen \$118 ea pc  
king \$99 ea pc



The  
Oxford Hall

**\$328**  
brand new

The deep rich  
look of fine cherry.  
Includes dresser, headboard,  
mirror & frame. Chest & nightstand extra.

GUARANTEED FREE LAYAWAY  
Regardless of credit history, no one rejected for free layaway!

Halogen  
Lamps  
Energy  
efficient!  
**\$39**

Brass  
Headboards  
all sizes  
**\$19**  
Bed  
Frames  
Twin \$19.95  
Full \$19.95  
Queen \$24.95  
King \$29.95

## NATIONWIDE WAREHOUSE & STORAGE

53 DARLING AVENUE

I-95 to Maine Mall Exit, Just North of Maine Mall in Rear Bldg.

CASH CHECK  
AMEX VISA MC  
DISCOVER

**775-4766**

ALSO IN BANGOR  
941-8077

FRI:10-8  
SAT:10-6 SUN:12-6  
MON-TUE:10-8

